The Key to
God's Heart

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Dedicated at the Lotus Feet of My Beloved Lord On The Occasion of His 80th Birthday

by R Sai

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INTRODUCTION

Where do souls come from? I suppose the answer is there is no such thing as new souls. When God created the universe every atom was endowed with that magical spark, a soul. Evolution led to the working up from a single celled entity to the human form. Think of how many atoms in the milky way. Impossible to calculate.

As a child I had an insatiable appetite for fairytales and dearly longed for an invisible all powerful friend who would be my life long guardian and companion. For me this dream has become a reality. It can for anyone. This reality is greater and more stupendous than any fantasy or fairytale ever written or known of. It is the ultimate reality.

An innocent child once asked me 'Do you communicate with God?' Reflecting, gazing into my inner self and being I replied in all truthfulness 'Yes, I communicate with God'. At that point my surroundings faded, time vanished and I went back eighteen years to when I first learned to love God, a love without conditions, without seeking return, a love for love's sake, only to be loved and to love. Of course it did not start out that way. Initially the love had all the hallmarks of human, limited, conditional love but slowly as the years passed I could no longer live without this beautiful and entirely enchanting being called 'God'. I realised that life was void, my body a corpse, my mind in the depths of gloom if I failed to receive some sign, some word or

thought from Him. In time the conditions, demands and petitions declined until only love was left. I could no longer exist without His presenc. Therefore there was no purpose to be served by threatening to not love Him. And so God became an inseparable part of my body, mind, heart and soul. This talking to God is a definite fact which can be verified in all the scriptures of all lands.

Some years later the monologue became a dialogue as God responded to my incessant conversation of many years standing. I still remember today how incredible and unbelievable it sounded, appeared and felt. Naturally denying it I told God to 'Go away' in no uncertain terms. His leaving left a vacuum where His voice had been. Very soon I requested Him to return. Shortly He complied. What happened, was said or left unsaid between us was entirely personal and private. Yes I communicate with God everyday and pray that it will continue my life long. You too can communicate with God. He is waiting for your call. He is waiting for you to dial His telephone number. He is willing to respond by picking up the receiver. He is yearning for someone to answer His telephone calls. His telephone system is not the physical telephone – it is heart to heart. Ask Him and He will manifest in your heart and speak to you direct. You only need to know His number. At first I had so many questions – so many doubts, so much I had to test Him to see if it was really Him. This went on for year. He patiently bore it all until now there are no doubts, no questions, no need to know, there is nothing left to ask, not even about the future. Communication is merely to express love, to feel love for Him and bask in His lov.

In conversations He revealed deep truths about Himself and spirituality. How to attain Him through love? How to unlock His heart with the key of love. This I would like to share with the readers.

A child once asked its mother when it went to bed, 'Mother wake me up when I get hungry.' The mother responded, 'There is no need your hunger will itself wake you'. So too when the hunger for God arises, when the hunger for God's love and the key to His heart surfaces, when this other worldly love springs, it will itself activise you and make you seek the food you need to fill the emptiness in your life, in your soul, your heart and being. God has provided you with hunger and He supplies

the food. He has endowed you with illness and He grows the specifics you need. Your duty is to see that you have the proper hunger, and the right illness and use the appropriate drug or food.

The whole universe is His play. It is like television programmes, a drama within a drama within a drama, within a drama. That is life. If it could be viewed in this manner then you will win the game of life. To play this game of love, of hide and seek with God the soul takes birth. But in our ignorance to escape the anxieties of living we seek solace in the outer world of illusions of fictional characters instead of turning to God. However, there is a lesson to be gained even from this for one should realise and understand that just as these television dramas can have no real or lasting impact on our lives so also the phenomenal world around us and the events that take place within it cannot effect or harm the essential us.

The paths to God are far to numerous to be categorised or discussed, for there are as many variations of paths as there are people in the world. But basically the three paths are work, worship and wisdom. In each path there are many different modes. As in love which can be of many different strengths and types, can it not? Therefore what is usually found is that all the paths are intermixed to some degree. For instance one can set out on the road of work or service to humanity, and may also have a sprinkling of love for God or an ounce of wisdom or be interested in seeking wisdom. Or a one seeking wisdom may possess love for God but may not necessarily engage in service. Of the paths to God here are some of the most important, hearing the glories of God, singing His name incessantly, serving God or the God in man but the ultimate is loving God without a second i.e. He is first foremost, second, third and so on with no thought of any other, making oneself as one with Him. But even that has as many facets to it as a diamond. One finds that though there is a mix of all these paths in everyone one path will predominate. It is only in loving God to the exclusion of all else that there is only a minor mixture to be found. It consists of love alone, nothing but love, love, love and more love. It is the total sum of every type of love that exists in the universe, the attraction of atom for atom, man for woman, mother for child, brother for brother, there is no end to the depth of this love. It is

endless, of infinity itself – like God Himself. That is why He states that love is His form, His very being. It is also the reason not only for His existence but also for the existence of this phenomenal arena of reality. An opportunity for change has come, a moment of great awakening and the time for man to realise his divine status.

It is hoped that this book will illuminate the path to God, for all seekers everywhere, for seekers of the divine and seekers of love. This is for those who are searching for that illusive something in their lives, that unidentifiable quality, being, sense of wonder and supreme power in the universe. For those who want to understand God, and who want to know, see and realise God. The ones who wish to discover what He is and how to attain Him.

Everything else can wait but the search for God cannot wait. Time is short and life holds no guarantees. Yesterday is gone and past, the past is dead, tomorrow is an unknown quantity, today is the precious moment to begin the quest for Him, for His love and to win His heart.

Living with God is an education, living for God is service, and living in God is realisation.

THE KEY TO GOD'S HEART

Would you like to have the key to God's heart? It is so simple and yet so intricate; an open secret and yet shrouded in mystical mystery; the secret of secrets. It is the key that opens the door to the Lord's domain, His secret place, His divine self. Can the key to His heart be won by austerities, vows, through sacrifices or prayers? That is only the key to His mind, to His grace, to His mercy and to His compassion. The key to gain His attention not the key to His heart.

Who would not like to be in possession of the key to God's heart, to have admittance to that holy place; to become close in intimacy with the divine Lord; to have the right to enter and live with the most stupendous and awe inspiring being – the Lord who created us. It is not so difficult. He has given us the key to His heart time and time again and we have allowed His words to fall on fallow ground, allowed His words to go unheeded. He is Love incarnate. The basis of love, the form of love and the very essence of love so it is only natural that love holds the secret to the key that will unlock His heart; that will give you entrance and the right of abode, to be a part of that very heart.

We know the key to His heart is love. What kind of love and why? How to discover the secret of this love? It is easy to state that one becomes love, become the very essence of what constitutes God and you gain entrance to Him and become Him but how to do this is the problem. That is the hurdle that must be crossed, be negotiated and overcome to attain Him.

The key to Gods heart is love, love, love and more and more love. Love that is directed towards everyone as an embodiment of God; love that is directed towards His creation in the form of service; love that is directed towards Him as the one and only beloved for eternity; a love that is steady and sure; a love that knows no limits or boundaries, no differences, no likes or dislikes; a love that sees with equality and equanimity both the ant and the man. Such is the love that wins the heart of God for eternity. Even a fraction of this love will secure for you His heart. The mere attempt at practising this love will bring a shower of the Lord's grace upon you. Even slight success in this endeavour will bring the Lord to you and He will attach Himself to you forever never to be parted. Such is the glory, the grandeur and the exquisite ecstasy of this love. Once having tasted this nectar of immortality one is forever bound to the Lord in the silken soft golden chain of love, love and love.

There is a story which tells of a man who had a dream in which the angel Gabriel showed Him a thick heavy book in which were writ the names of those who loved God. The names were numerous and the list endless, the book vast and the writing small. The man said how fortunate were those people who loved God. Gabriel immediately responded that just because these persons loved God it did not mean so much. He then manifested another book, a very small book with less pages and large writing, with only a few select names. The man failed to find his own name amongst them. This book, said Gabriel, holds the

names of those whom God loves. The man saw the name of a man he had heard of called Abdullah. When he awoke he went to find Abdullah to discover how he had managed to earn God's love. He saw a man who was most poor; who rarely prayed but whose acts of compassion were legend. He gave out of his meagre supply to all those who were more needy than himself. He shared his love and compassion and he treated each as if he were the very form of God. Hence, there are in fact many keys to God's heart. In His infinite mercy He has given us many routes by which we can gain admittance to Him, either to His heart, His mind, His grace and mercy or His love. But by far the most pleasant, the easiest, the most conducive and the most pleasurable and ecstatic is love.

If you, at the moment are one of those souls who cannot see the point of living again and again to suffer the misery of this world even though you may have a respectable lifestyle; or may even have those things you have wished for, still you may notice and are aware of something missing in your life. Perhaps there is an indefinable 'something' that is missing from your life. Maybe life's a bland repeat of day after dreary day and hence you are not enamoured of it. You wonder if there is a way out of this circle of drudgery. Well there is and it is incredibly and exquisitely simple to discover and reach, well within your grasp. The golden key to the Lord's heart; the gateway to scintillating happiness, joy and bliss beckoning you with the promise of ultimate union with the divine. It is a game that develops into an adventure leading to the ultimate reality. The golden key is the path to an exciting life worth living. It leads to a life with the Lord. If you lived your life in God all day you would fail to be aware of all else and life would become a delight to enjoy and savour.

There are so many ways, so much information available in books and scriptures all over the world delineating the myriad paths on how to

earn His grace and on how to reach God. Each culture elaborates the experience of unique paths to Him. That is because each path and person, their way to God is different. One should choose a direction and procedure that is congenial. True learning cannot be gained through books but through trial and error, through practice and experience, through what is found to be right and successful and through what is harmful or a hindrance for one. How to attain God is a very personal affair. And an affair is exactly what it is.

But how can we love God when we cannot even love fellow travellers on this journey of life? How can we love God when our hearts are closed to the misery around us? How can we love God when we are frustrated by the iniquities enacted on this stage where we are engaged in the drama of life? Too often we are discouraged by the colossal magnitude of the very task to reform, to make this world better, to create an environment of love; and so defeated before we have even begun, we do nothing at all. Our bodies entrapped in the daily toil for earning a living soon end before we have even begun to realise or create the place we would choose to live in. The utopia we dream of continues to live only in our dreams. Think about it seriously, you have spent your entire life to be where you are today. Was it worth it? Is it where you wanted to be? Is it what you still want? So the cycle ends and again begins. Only a few are brave enough to embark on the journey, even fewer persevere and even less than those succeed. The world, the drama is enriched and saved by the few who attain the key to God's heart. Because of the few we all survive, always manage to escape from the brink of the very destruction of mankind. So the cycle continues. On this journey your mind is your most powerful enemy and could be your most powerful ally.

The Lord though unique is easily attainable. The grace He showers is unbelievable but is well within the reach of every human being, every

soul and entity everywhere. It is available to all and attainable by all. All that is required is the attempt to win Him. Make the attempt to gain the golden key and it will definitely fall into your hands. Make the attempt and watch the miracle He creates just for you. Cultivate nearness with Him in the heart and you will be rewarded. Cultivate love for Him in your heart and you will be amazed. Sages and saints of all times and all climes have verified the truth of these words. He yearns for our love, for the love of all the souls who are His. He yearns for the closeness and fulfilment of that love. He yearns for us to seek Him. He yearns for us to look for Him in all of His creation while He hides behind the shimmering mirage of this world and plays hide and seek with us, His children. And He waits ever and anon and still we do not seek Him. He is not of sufficient consequence to us therefore we never find Him who awaits us so eagerly. We fail to realise how much God loves us, how much He cares, how much He seeks our love and attention. Just as we seek the love and attention of our children, so does the divine parent seek the love of His children!

Everyone has love towards something, someone or other and that love is the spark of love which is God. Everyone has to ultimately base there lives on some one truth, that truth is God. No life can be lived out in complete defiance of truth. One has to pay heed to truth and speak the truth at some point in order to give value to ones existence, to give credence to life's purpose and make life worth living. That moment is God's moment. At that moment when one utters the truth, or loves or serves or bends, one loves God. There is no living being without the spark of love. Even a madman loves something or somebody intensely. One must recognise this love as but a reflection of the love for God, the God who is residing in each heart.

One of our prime concerns in life is obstacles, difficulties and anxieties. We wonder why life is fraught with such traumas. The answer

to this is that it is man's nature to worry. It is our nature to create worries and anxieties. Even were we not to have any problems we would create an imaginary worry or distress to concern us. Why do we do this? Because although we fail to realise, most of the time, we can never be happy, we can never be content, we can never be satisfied until we rediscover the bliss of oneness with the Lord. It is like a child who wants its mother, and though temporarily distracted by the attractions of sweets and toys the child is never quite satisfied, never quite pleased, is never quite joyful until the it finds her and rests in her arms. So it is with us and with all of mankind. We are seeking the divine haven, searching for our home. In reality nothing on this earth, nothing in this universe, neither diamonds, gold, gems, not grand palaces, all the money in the world, even all our desires fulfilled, no millions can ever offer us lasting unalloyed happiness. Even were everything wonderful in life, were everything to be smooth, the internal discontent would remain. If you look back on your own life and feelings you will see that even when everything was perfect there was never that complete satisfaction, that bliss, happiness or contentment. You will see that there is no lasting joy to be obtained from this phenomenal world, nothing at all. And yet we waste our lives searching, seeking, wanting and desiring without once thinking about the one place where we will actually be satisfied and contented. The one person who can provide us with joy and bliss we are forever seeking in every corner of the universe. When you turn towards God, God turns towards you. When you surrender totally to Him He looks after everything.

There are many choices in life. When you come to a crossroad and at that point if you choose to leave the divine, if you choose to leave the path of Godwardness then your life does and will take a very different route, a different set of karmas or life dramas will come into play and apply. There is a vast difference in in effect from the choices you make when you come to the crossroads especially the one where you either choose or negate the divine.

If you insist that this is too difficult for you to practice, that the key is too difficult to attain then I ask how long will you return to your kindergarten days? How long will you remain a child in the nursery? You have grown spiritually at least a little. Just as you cannot be always going back to your childhood days so also you must take on your responsibilities in the next stage of your spiritual education. Do not become dependent on minor miracles, trust in His words and hold Him in your heart; that is the next step. When involuntary tears descend know that you have been touched by God.

LOVE

Love, love, love is the motivating force in the universe. Nothing else is of value and of lasting consequence, regardless of its appearance, however attractive or fascinating it may appear. Love makes the world go round. Love makes atom adhere to atom. Love is His highest miracle. Love can win the affection of all mankind. Let every thought and action be motivated by love. To understand this love and attain the key we must fathom the nature of this love, of love itself and of its many varied forms. We must penetrate the veils which conceal its luminosity from us. Man is love embodied. He thirsts for love and he finds real joy in loving and receiving selfless love. Love is the solvent for the hardest of hearts. Love can confer peace, joy and wisdom. Cultivate love, express love. Let love be your breath. Let the sun of love help your heart to blossom. Love all as the embodiments of the same divine love principle.

Love makes the bird look after its young without any thought of return. In the animal kingdom there is unconditional love. There is no expectation. Only we humans have expectations. We do everything for the sake of return. If only we could learn to do everything for the sake of no return. For when you serve others, you serve only yourself for

there is no other to serve. There is only one. Love is the scarcest commodity today! There is no love in the home between husband and wife, between brother and brother and between parent and child. Therefore there must be a concerted effort to reignite this love in the hearts of all, in our own hearts. To achieve this we must cultivate tolerance, humility, faith and reverence. Otherwise how will it be possible for us to realise God? How can we attain His love if we cannot have love for our fellow travellers on this journey of life?

Learn to love, dare to live love and will to spread it and be silent. Live this love and win the glory, the key to Gods heart. Love and love alone rules the world. Love is the open sesame to all hearts. It can break down iron barriers; it can crash the walls of ignorance and fear to smithereens. All is possible when love is in the heart. Love alone can lead one to the portals of heaven. Love should be the most valued treasure in life. It is fundamental and the very basis of all life. Without love there is no world. Without love there are no units, atoms, compounds, vegetable, animal or human life. Cell attaches itself to cell because of love. Cells grow and become a human being. It can therefore be said that human beings are composed of love. Every cell, every being declares love and yet we ignore this fact. And this love is a reflection, a very minute reflection of His love. If we would but return His love to Him in completion how much richer we would be in our lives, in all we do and accomplish, and everyone that encounters us, the world would become permeated with an expansive ecstatic love. For love is not an intangible entity, a formless mirage it is something that can be felt deeply, intrinsically and can be virtually seen. It is the supreme reality.

If a heart is to be judged by how much others love us then presumably many of us do not possess hearts for many people hate, envy and dislike but very few people love all. God has ruled that a heart is more judged by how much you love others. That is vitally important. How much do you love others above yourself, love others

above those already near and dear to you and those who love you? Can you love others in place of yourself?

A child is naturally born into innocence. It has a love without boundaries or prejudices knowing no distinction between good and bad or right and wrong. It is fostered in the home by parents and in return it loves those parents completely without reserve and includes the entirety of creation in that love. It knows nothing other than this filial love. As the child grows it enters into the field of friendship with others, that is merely another facet of love that requires the understanding of forgiveness and forbearance. Later on in life it finds a partner and marries. Now this love is tinged with passion and lust, a fervent demanding love. Yet again it has offspring and so the love now develops into a caring protective, compassionate and gentle love. Here we find that whereas initially the major portion of love was directed towards the parents it is now showered upon the children. In fact, even the spouse takes second place. How the form of love changes during the various stages of life, circumstance and requirement. Love assumes as many forms as we face predicaments in our lives. Yet they are all facets of the divine diamond of love. There are now varying degrees and facets of love towards a number of persons. There are so many changing forms to this worldly love. Loving God is the final form of love and the most intensive as there can be no restrictions. Human love without restrictions becomes obsessive and destructive. All other relationships and loves are merely stepping stones to creating this love for God. The merging of these streams of love creates a hallowed, strong, pure, divine love for the Lord. The ultimate is loving God. It is also a love that will spread itself to include all others. The first and foremost is and should be this love of God. It is the expression of the souls relationship with the oversoul.

Lead others along this path of love for God. Help others to understand this duty to love, this obligation to love, this necessity to

love. Not only love God but more importantly to see the God in others, in all forms, be it mineral, plant, animal or human. This is true service, true austerity, your true pathway to yourself, to your inner divinity. Any action carried out with love, kindness and compassion always, always carries His benediction, His consent. The motive is as paramount and important as the result. Just as a murder unwittingly committed, accidentally happens is not as sinful as an unkind critical word deliberately said to cause hurt and pain.

The prime principles for revealing the self to oneself are faith, hope, love and charity. Love opens the door to the light of hope and allows the rays to enter into hearts, then love holds sway. All is possible when love is in the heart. Have love and see love in all creatures. The power of love cannot be measured or quantified. God's love is beautiful but Gods love in repose is exquisite. God's love in action is a force before which everything bows, a force to be reckoned with. Love is a bloodless weapon against the greatest enemy, hatred. Love is the supreme basis for truth the world has ever conceived. For love is truth. Love and the whole world will bow before you. The power of love is not yet realised, it is God, for it is the power to create and preserve. Love the truth, the light and the way. It is the mightiest power in the universe. Become that love which you have sought in a form. Pour your love over all, then you have oneness. God is love. You are love. You are God. You become God when you love God.

Try this exercise: take away all love from everyone around you. What happens? Even atom will not join with atom. The universe as you know it will disintegrate, will cease to exist! Hence atom attracted to every other atom creating a form is brought together with love. So every form in the world is love. And as we are all love and love is part of God then we are in everything. Love, faith and sacrifice. Learn to give, that is sacrifice. The greatest gift one can give is a smile and happiness. Develop love by training the mind to think loving thoughts. That which most of us experience is attachment or attached affection.

When this attachment begins to wan the affection usually turns to hate. Attachment of any sort brings pain. True love gives asking nothing in return, clinging to nothing, it gives love for the pure joy of loves sake. This is what must be developed. Love is a power that will open up and release all the qualities of God latent in you. It will open the door of the powerhouse and let wisdom, strength, beauty and divine energy flow unceasingly. It is the key to God's heart. It is the key to Gods treasure house. It is the key to God's power. When the latch strings of the heart are released blessings will flow through one to save the world from all its chaos. The moment one feels love for every creature in the world all prejudice, pride, greed, fear, worry and doubt will leave and one stands master of all one surveys by the side of God. One will becomes a divine creature. This is the path we must all travel at some point, some day; it is what we all have to achieve. We either travel slowly or we travel quickly. Let us go fast and reach the goal soon. There is only one way to the top; love and unselfish giving. The giving of love and kindness in thoughts, words and deeds. The flame of love itself will light the way and will make the journey a pleasure and a joy. All that you have been seeking you will find in the Lord.

We all talk about love, we hear about love but very few of us can express it, simply because we have not received that kind of love, during our childhood, which we needed. Our parents did the best they could but if they were not given love or taught how to love, it is very difficult to pass it on. Actually the only place from which we can really receive the kind of love each one of us needs is from deep within us, from the God source within us. We have this illusion that we love people when in reality all we are really doing is holding on to them for our security and comfort. Surrender makes us shiver because we do not want to give up anything, but true love is not only in sacrificing but in not holding onto things possessively. If we can surrender, then we receive back much more than we gave up. This is love. Love is the only emotion that is truly healing.

It is impossible for us to love everyone, for the world is peopled with all sorts, vagrants and worse, and we are not at that place where we can forgive easily but we can ask God to send His love through us to the world. If there is someone you cannot and do not love there is no purpose in pretending to love them for that does not work. That is when it is essential to ask Him to send out love to them through us. The astonishing thing is that when one gives this love one gets back so much more than one ever thought possible. The bliss that one gives, the love that one shares, these alone will be our possessions through eternity. The outer world enthrals us with thousands of myriad temptations of trinkets, opportunities and loves. To live and work permeated by love is no easy task. Love transforms man into a divine being and helps him to manifest the divine that is his core.

HIS LOVE

In His infinite mercy and love His only objective through the ages has been and will always be is to love and to give love for He is that very form of love, the divine heart of love. Why does God love us so much? Why is He so proud of us? Each one of us, our very existence is His miracle. This is why He loves us so much. We are His walking miracles, a testimony of His divine love. It is because man has access to this pure unsullied love that He can become God. The way to master the mind is to love God more and more. The easiest way to love God more and more is to love all and serve all. God resides in our hearts as love. Never let go of the treasure of this love, of this God. God is not someone who is distant from us. In His all enveloping love He is so kind and forgiving. Even the highest of devotees is not even a fraction of what He wishes them to be and yet His incredible grace and compassion is so great that He grants each and every wish of theirs. He will stand by one. He will listen to every prayer and it will miraculously manifest.

God is the one and only being who has total understanding, compassion, consideration, benevolence and mercy for He understands that we all commit errors. It is a human failing. And for our failings He forgives us time and time again. Try Him and see. Start on the path and

see what happens for you. Time after time after time He will forgive you. Why does He do this? Why does He forgive? It is because He wants us to follow His example. We must learn to forgive others as He does us. It is very difficult to practice but that is what He expects. Everything He teaches, everything He wishes us to learn, the way to freedom, liberation, the way to His heart is only through these broad principles. Self lives by getting and forgetting whereas love lives by giving and forgiving. He forgives us again and again in the hope that we will learn to forgive. If you shower love upon Him and heed His wishes, do everything for Him, for His edification, His pleasure and joy, carry out His will how can He possibly abandon you? How can He not forgive you, cannot give to you. If He does not forgive who will be left to Him?

You may find that despite all His grace you may be irritated, you may fail, you may become immersed in the world but His love will amaze you. Even though your mind may be full of dark undesirable thoughts and annoyances He will remain with you throughout, still loving, full of kindness and forgiveness; ever ready to respond. Not only this He will grant you so much more. Try, just try. Human love, no matter how much we may love Him, cannot compare to His love for us, the world, and the entire universe.

One important question that may arise is how long will it take to win His love? You may say that you have attempted it, that you have been engaged in prayers and austerities for years, that you have practised this for so many years. Yet it is very important to consider how long has the Lord waited for you? How many births, how many lifetimes has He had to wait? What is the time between then and now? Would we wait as long for Him? How much love He must have for us, for those souls that are truly His! How much He must love them to wait for them for eons.

How do you feel as you watch a newborn baby? Overawed by the incredibility of a new life. If this is how you feel about creation then how much more pleased, and with good reason must the Lord feel for the universe He has created and peopled with us. To the Lord we are as irresistible as a baby is to its mother. He loves those who love Him with the same love. Despite our imperfections and our foibles He cares for us as a mother for her spoilt child. From His point of view that is why it is so important for Him, for God to be aware and to be present for every single devotee at the right time. This is why it is said that He has a thousand heads, hands and feet. In effect it means that He is everywhere, omnipresent, omniscient and omnipotent. He is with each and every entity that He has created from the ant to the elephant. He is there with each and every single one of us, from the rock to the human being. He is omnipresent resident within everything. He has to be for only then can He save, protect and guide when He is most needed. This is His love for mankind in action. In this manner He gives, gives and gives.

Thinking and reflecting on God creates and generates peace and pure and loving feelings which radiate out into the world. This is the greatest service we can do. The Lord stipulates that we have time and it is our duty to consciously remember Him.

For the sake of those He loves He adopts the form, the character and the very type of love they entertain for Him and expect from Him. His graciousness in condescending to mould Himself into what we seek, what we think He should be is the hall mark of His overwhelming love for humanity at large and for each being in particular. This is not something the Lord does out of duty but out of boundless love for all of us, His infinite love for His creation. He adapts Himself, He becomes what we want Him to become for us but the reality of the world at large remains the same, unchanged. The miracle of the Lord is that though He is beyond comprehension and understanding by our finite minds yet

He can be confined within a tiny minute heart. The outer form, the hologram that we see, the visions that we can see within is God. This form and confinement He accepts out of His great love for us. His true nature and aspect are very difficult to comprehend.

He gives and gives and we do not even have the time to hold out a hand to receive. Some of us are not even aware that there is a gift to be received or that there is a giver who is longing to give. Such are our lives and fate. He has no need to give. He is under no obligation to adapt Himself to us for He is the ultimate reality. He is under no compulsion and He can easily say ‘This is Me, this is what I am. I am the Lord and I have created the universe and you and I am at liberty to do what I please, take it or leave it. I will not change’. But no, out of this ocean of compassion that is God He adapts Himself to suit us, to make to make all of us happy. If only we could understand, see and realise all this that He does for us. He does this in order that we will learn and that we will also follow the same principles and teach: and instead of carrying out our daily chores and duties as a duty, carry them out with love. If all practised this what a different time zone the world will become – a heaven on earth, a new era, a golden age would descend upon the earth. He does this for our sakes alone. Similarly we must also adapt to each other, to our families, our friends and most importantly to our enemies; and we must learn to forgive, forget, to overlook, to not take offence just as He overlooks our faults, character traits and our shortcomings and still showers His love upon us.

A principle that He adheres to eternally is that He will never ask for anything for Himself. He only takes and accepts what is given to Him with love. When He takes human form He never seeks to be selfish or think of His comforts, His needs. He may starve, He may be in rags but never will He raise His Hand in begging or asking. He only knows how to give, He never takes anything, will accept nothing but love. Such is the God whom we have no time for.

Does He ever feel disappointed with mankind? My heart tells me no. We are all His children. How can a mother possibly deny her off spring? We are happy if our children are happy then how much more so is this divine mother in bliss at our joy. Therefore to be happy is in itself another open sesame to God. Happiness gives bliss to the soul, the inner God within each of us. Therefore it goes without saying that when we are depressed or unhappy, or enthralled by lower and negative emotions the soul within us, that is God, is not happy, cannot be joyful. How to be happy under all circumstances? The solution is simple but the practising of it is not so simple: give up desire, no desire no unhappiness, give up attachment as no attachment leads to happiness. Some will see this, others will not. Only when they are ready to see will they be able to see. Until there is light all is dark. And even were God to manifest in form before such persons and make it light they would be bedazzled and blinded and yet still be unable to see. There are many levels of devotion and one must aim for the highest.

Those who love Him are swept away by His love, His care and His presence. How delicious is this love of His. How unworldly, without conditions without expectations or representations. One day in the fullness of time you may understand and actually experience and realise His true nature. Then all His actions and the depth of His love will be revealed and made known to you. Love with Him is such that there is no point of satiation. Which is just as well for one can never have enough love, definitely not enough of His love.

Loving the Lord presupposes that that love is always reflecting on Him, on being alone with Him, not desiring to be anywhere else or do anything else or allowing anything to interfere between you, the two of you. It is the kind of exclusive love that should exist between God and His own. It can be likened to a courting couple. The love is exciting, heated and full of the flames of first love burning, passionate, longing and yearning. Then once married their only desire is to be alone together,

now it's more a smouldering love turning to contentment as the years pass but in time they learn to experience that same love apart until eventually their time together is quiet, silent communion – the knowing of love, the trust and faith of love, the bliss of love, living in the love of each other. A word and a look is all that is required and distance is no bar. The love of God and His devotee develops into such a love that is overpowering, immersing, totally unworldly. Though the language used must needs be of the human level, the love has no connotations of human desire or lust – the love is as pure as a scorching fiery fire that burns away all dross.

It is His nature to care. It is His nature to love His creation. It is also His responsibility and His duty and if He does not do so then who else will? And that must be your calling card, that must be your proposal, 'Dear Lord if you don't come to me, if you don't stay with me, if you don't abide with me, who will?'

To the Lord, once you have won His heart you are His forever. To Him every single person, every soul on this earth is important. He thinks constantly of all of us. Just as we encourage, advise, console, berate and push our children to attain the highest. We try to discover their weaknesses and strengths: we correct their behaviour – for what purpose? So that they may succeed in life! Why? We see it as a duty, a responsibility, because we want them to be successful and happy. So it is with the Lord for each and every one of us. He concerns Himself not only with the spiritual but also the material welfare. He desires that we should all reach the highest level and attain liberation, freedom and attain the ultimate which is oneness with Him, union with the divine. So He is relentless in His guidance, His rules and His disciplines. He insists that we adhere to them to reach our goal.

We wonder how He bears with our faults, anger, foibles and failings and yet still love us. Do we not do the same for our children? Although we may condemn them, stricture and lecture them and reprimand them, even threaten to abandon them, the children still love us and we love them – that is the beauty of this love. How much more then is God's love for us? It has no boundaries, no limits. It is unlimited, indefinable, unexplainable, one of its kind. If you truly love someone then their attention in any form, any way is not only acceptable but positively invited. Though, we as humans sometimes see only the agony and the distress and not that it is a means, nay a necessity for overcoming obstacles to reach Him. It is very difficult for us to accept this truth. Sometimes this agony and distress is necessary and it is the only possible way available to Him. The Lord tries to find us the safest, most appropriate route so that the pain and sorrow is minimised, for a mother does not willingly lead her child over burning coals.

His position is most tenuous, most extreme. His anxiety for each and every one of His. Yet He is constantly happy. This is the lesson we must learn. His problems are a million fold compared to ours. He has the entire universe to direct, advise and to decide and deliberate for. His predicament is far more precarious for He stands to lose the love of those who love Him, who are few in number to begin with. And even though He may lose the love of His precious few He continues to teach, advise, console, to do what is necessary to guide His children back to Himself.

That which is not in man is not to be found anywhere outside. One cannot think of God in times of trouble unless one has made an effort and a practice of this beforehand. So take the picture of God with the camera mind and play it on the screen of the heart while the generator serves other embodiments of love. Life should be lived in God, in love of God then there is no need to call on Him in times of trouble because He will have diffused the problems and troubles. Life becomes a misery only if we keep hankering and desiring all the time.

Once faith is born in you God loves you and from this it is only a few steps away from obtaining the key to His heart. The Lord's heart is soft, softer than cotton wool, softer than the softest silk, softer than butter, but even butter needs some warmth to melt it; that warmth is the fire of unfulfilled yearning for Him, for His presence, His company, His love. The Lords love is sweeter than the sweetest honey or nectar. The flavour of this love is divine and out of this world. Having once tasted this nectarine delight one is no longer attached to worldly pleasures, worldly attractions. His love will cushion you from life's blows and protect and guard you more closely and intimately than the eyelids guard the eye. By winning the key to His heart you will awaken the sleeping Lord within you, your personal friend and companion, your very own love, beloved, your mother, father, brother and sister. For He will adopt any role you desire out of His infinite love and compassion for you. He will accept and personify the form and characteristics you desire.

It has been said it is more important that we gain the love of God than that we love God. It is one thing for us to say 'I love God, I love God, I love God' but it is much more important that God says to us, 'I love you. My dear one, you are my own. You are my nearest and dearest'. This is what we should want to hear from God. It is very important. And to win God's Love think only of God with love. Repeat the name of God with love in your heart. When you turn towards God, God turns towards you. When He turns towards you, He fills you with His love. And God is always only love. Out of His infinite love and compassion for you will commence a fairytale relationship, a romance. The Lord is most gentle and tender, softer than the softest you can imagine, sweeter than the sweetest yet harder than diamonds. He will give you everything. There is none to match Him. His love grows and ever grows, flowing from a ceaseless fountain, in ever expanding circles in the cosmos. It has no beginning and no end, no limitations to its expression or form, infinite in its variety and taste. Such is this incredible love that He would sacrifice Himself, His life blood, His body, His very existence for the sake of the one who loves Him. This is complete and total unconditional love. Love without any demands or expectations.

HIS LONELINESS

Do we ever think of how terribly lonely it must be for the Lord who has created this world. He created the world so that He would not be lonely only to discover that His creation is so immersed in itself that it has no time for Him. He finds that we wait expectantly for the gifts from the divine hand but nobody wants the divine itself, namely Him. Everyone seeks the gifts and not the giver. What a sad case for the Lord. Who would be in His shoes? Never to be credited and always to be blamed. Never to be wanted but always to be sought for what He can give. Rarely to be loved and yet with so much love to give, and always loving. Do we ever stop to think about what His time is like? The constant and endless waiting, the countless preparing, hoping, expecting and yet who comes to His door seeking His love and offering their own, very few indeed, very, very few. He never chose to be the Lord. He just is and He is alone and lonely and He needs the love of His creation just as we need each other. And in all His creation the only form that has been granted the ability to think and logically reason is man. He has been given the gift of God's mind.

Think of His loneliness. Think of how He feels. There is no love for Him. There is no one who would give up everything to be with Him. Reflect upon and consider and act upon this, His loneliness. Will you be

the one to fill the gap in His existence? Will you be the one He cannot live without? The one He loves? Will you be the one to offer a love that eats, breathes and sleeps only Him? So much so that nothing else matters to you or affects you? Not even the possibility of death? Will you be the one whose love for Him is so strong that you are beyond the senses? Can you be the one who longs to offer comfort and solace to Him? Will you be the one who gives your time to Him? He is there waiting to help, waiting for us, longing for us to turn to Him but we are the ones who resist His attempts at comfort, at bringing light, happiness and joy into our lives. So wrapped up in our own misery are we because our desires are so many and our ego so great that we cling to our individuality. We have no wish to merge ourselves in Him.

Are you aware that He has been forever waiting for you for eons and eons for generations and centuries? He is waiting until one day you may turn to Him, seek His love, share His love, ask for Him, or at least seek something from Him – the universal mother, the Divine parent. Like a compassionate patient mother He ever waits for each and every one of us. However, we are so engaged, immersed and fettered to the phenomenal world that we are not even aware that there is someone, who is full of love waiting for us. He lies in wait day after day and what do we do? We find something else to occupy ourselves, to amuse us, to while away the time with. And if we cared to ask Him He would assure and reassure us that nothing could possibly harm us once we are under His wing. Yet do we ever heed His call, do we turn to Him? How many of us even think of God as close to us? How many of us only turn to Him in times of trouble? How many of us pray daily with no real thought that He even exists! We do it as an insurance policy, just in case! This is our folly. God is as real as you and I, in fact even more real, even our forms are the ultimate illusion. Remember that utter and complete devotion to God is a rare gift from Him and it cannot be attained by effort, austerity, through prayers or by rituals, it is purely and simply a golden opportunity for us to cleanse and purify our lives.

His assurances are in all the scriptures and they reflect His love

for us. Even though we must suffer the consequences of our accrued past actions, merit or demerit and He, at times, tests our devotion. Though it is a painful process for Him and He longs to make amends for the agony we go through, still we are blind to Him. This is something we either never think of or tend to forget dwelling only on our own misery questioning, 'Why me? Why have I been selected for this torture?' In the meantime He quietly slips out of the door unnoticed and uncared for taking His love with Him far and away. And we are the ones who lose. It is our greatest loss.

The Lord is so very, very sweet like nectar, never truly angry and so willing to forgive and forget. If only we could follow His example; can we and do we? Can you imagine what it would be like to be God, the Lord of all you survey? It is an onerous and sometimes tiresome position with few rewards and compensations. How many people call on Him? How many people abide with Him? Very, few. How many companions? How many friends? So very, few. Would we want this position? It is a thankless task to eternally provide for creation and yet receive no recognition.

All other loves have a changing face; most are fanciful and are created in the imagination but the Lord's love knows no boundaries and flows and flows and ever flows. Walk towards the Lord and assist Him in His mission of love, sacrifice and service. Love empowers the giver. Service is a way of expressing love to each other and to Him because He is resident in each and every one. Service leads to the doorstep of God's love.

Out of thousands of devotees there are only a handful who love Him for Himself. Among ten such people you will find one truly good person. Among ten good people you find one who entertains deep feeling for God. We all know lots of good people but how many of them have

love for God? Not just going to church on Sunday but a real yearning for the transcendental, for going beyond the veil. Amongst those who have feelings for God one out of ten will yearn for a direct experience, a deep communion with God. And from amongst ten such people only one will have a deep longing and will be ready to totally surrender himself completely to God filling Himself with God alone. The population of the earth is six billion and out of this, through the ages, how many true saints and lovers of God do you know? Is it any wonder He is so alone.

A question arises that if God is so lonely, so much alone. He created man so that he could learn to love Him, so that He too could be loved. He separated Himself from Himself to love Himself. Then why does He not simply change the human mind to provide this love. After all He is all-powerful and He is the one who pulls the strings and His will operates throughout the universe. Why doesn't He just change us, make us better people? Or make us love Him? The world would be a much better place. However, it is not quite so simple when the opposition, when our minds are strong against the Lord. He has gifted man with total and complete free will with regard to Himself and He will not interfere nor negate the laws He has established. Strange to think that even He Himself bows down to the rules and regulations He has established for creation. Whether we take a step towards Him or away from Him is the one and only choice that we can exercise. It is the only iota of free will that is in our power, within our grasp. For God will not over rule His own laws. He will not over step the bounds of that free will and make us turn to Him. Only we have the option to do this. Only we have the ability to do this.

Why don't we always think of God so that He will fill us with His love? That is God's grace. For you to think of God is God's grace. It is His gift. It is his blessing. It is something He gives, the chance for you to think of Him. We speak of free will but it would appear we don't

even have this little bit of free will, that we can think of God on our own when we wish it. Love, selfless love; it all comes through God's grace. Without grace you cannot do anything. First do your duty and think about God all day, from morning until evening. See everything as God and be happy. Think to yourself, 'O Lord, you are my everything. You are my goal. You are my breath'. Do not think that this is mine or that this is not mine. Instead, think, 'All is you, Lord. All is yours.'

To be with Him one must become worthy. For if one proves unsuitable then the Lord may withdraw for a time, for He will never give up His children. Another life, another birth, another few years, He will always relent, forgive and come back. After all we are His children so how can He ever deny us? He cannot ever deny us. Like a motherwith her child. When a child begs for ice cream or sweets the mother may refuse once, twice or even thrice but eventually her heart will melt in compassion and she will give what the child asks for. This is the love of the mother. How much more is the love of this divine mother. And our Lord is much more than a mother.

HOW TO LOVE GOD

Man craves to see God, feel God, touch God, speak to God. He goes on pilgrimages, reads scriptures, carries out rituals but God cannot be reached by the mind or described by the word. When this longing intensifies like a cool breeze over a desert the vapour condenses and the down pour of rain descends for the parched hearts of man. Out of compassion and affection for mankind God incarnates as with some of the great masters of the past, Jesus, Zoroaster, Krishna and Buddha; and it is the most wonderful thing. To touch and feel, to relate to Him as a friend, as a disciple to a master, as a father to a son, as a mother to her child, any human relationship, all human relationships find their source in Him.

It is only your yearning and seeking and the implicit conviction that God can be attained in a personal manner that will open the doors to His heart and win for you the key to that blessed door. Love is THE power to use. The power of love has exactly the same effect as meditation, yet meditation without love will not bring you intimacy with God; will not bring you that sheer delight of His personal company. Unless you cultivate love, forbearance, humility, faith and reverence how can it be possible to win God's love? God is love and can be won only through the cultivation and exercise of love.

How do we love a being that does not have a form? How do we love an entity that is not concretely before one, visible? How can we love something we don't understand? We can see the people we love, our parents, children and friends but we cannot see God. How to generate love, create love, a physical feeling, a loving emotion for this God. How can we have feeling for a being that is as thin as air, subtler than space, invisible? The answer is to give Him a form – imagine a form, envision a form. Concretise Him either in physical or subtle forms. Choose and visualise a form you prefer and concentrate upon that one form only. To love the formless is near impossible but give God a visual appearance, a physical representation and one can generate this love. Look at, see the form and think of the form, imagine the form, reflect on the form. Observe each feature of the face, hands, feet and hair – this is how to create love. Soon that form will appear more beautiful and radiant, the very form of beauty itself. Develop self-confidence. Then love will follow. It will come naturally, from within. In this way the love will be pure.

The Lord is not a myth; He is not an invisible entity He is living here and now. He is accessible here and now. He is love total and complete. Without Him there is only loneliness. When there is separation from Him there is only unhappiness. Even though surrounded by love and caring and the usual joviality one can be shrouded in doom and gloom. The remedy is always within your own hands; seek the Lord within. Seek the Lord and seek His companionship again and again until you can never be separated from Him. Like milk and water you become one in total union with Him. Once milk and water merge it can never be separated; that is what we must aim for.

Leaving everything to His will is the highest form of love. Surrendering everything to the divine with no thoughts, longings, wishes, needs or wants, just Him. It is the fundamental principle of attaining God, of attaining the divine key. The putting into practice of all these

principles can be stated in one very simple word 'acceptance'. Accept what is around you; accept what happens as the divine will for truly it is so. We start by converting all our ordinary actions into good actions. When we are interested in the benefit of others it is only then we relinquish any attachment. We see everything as His doing and let Him assign the rewards as He sees fit. If the results turn out good, wonderful! If they don't turn out good, no blame: we have done our best. We have done everything as prompted by the inner guide. And we do everything we do to the limits of our human capacity for excellence and perfection, with full concentration and compassion, but with total indifference to the results; we leave the results to Him. We do everything to our fullest ability, and yet we remain totally unconcerned about how it turns out. The way to do that is to offer it all to the Lord. We let Him manage the world. We let Him take care of the results.

When all our actions are an offering to the Lord, actions are no longer worldly actions. Then the Lord is involved in all we do and work becomes worship. Our duty becomes a yoga, a means for union with the divine. Then our actions and our whole lives will have been elevated and become sanctified. And so, we fill our lives, our day-to-day movements with Him. Everything we do becomes spiritualised because the Lord is involved in our thoughts, in our actions and in our words. Well, when we, in this manner, are conscious of the Lord in everything that we do then we begin to see the Lord everywhere. The Lord becomes part of our on going moment to moment awareness. Then, just as the bud blossoms into the flower and the flower transforms into the fruit, that love becomes one pointed love. Then for us, wherever we turn there is only the Lord. Therefore try to accept your lot in life but by all means pray for change. Accept the people that you have been sent to earth with without reserve and everything lies at your feet. Literally the world is yours. The absence of likes and dislikes, acceptance and love denotes divinity. Do what is necessary in your life. Do your duty, do what you are expected to do and live without any thoughts. Do not think that this is good, this is not good, just do that is all and you will attain proximity to Him. This is what is called the evolvement of the human to the divine. Man has risen from

dust to rock, from rock to plant forms, from vegetation to animal and from animal to human. Now He must aim for the angelic, the divine ever higher and higher. Evolution is the name of the game. Man – desire = God, God + desire = man.

Live this life as if it were your last. That means one pointed sincere yearning for the Lord. It means filling yourself with the virtues that please the Lord. The universe is yours, the Lord is yours for the asking but at this stage you will no longer 'want'. One basic principle is that whatever you offer to the Lord rebounds and comes back to you – so do not offer Him anger or the negative emotions of frustration and insincerity, do not offer Him your bad actions. Offer Him only your love from a purified heart and see what miracles abound around you. Offer Him your heart and mind cleansed. Offer Him yourself that is enough.

Be equal minded. Be satisfied with what you have. Be happy! God is in all beings. Be happy with what you have. Make that your renunciation. Do not covet anyone's wealth. Be content with what you have. Do not be desiring anything outside. Do not run after the good things or push away the bad things. The secret of happiness is not in doing what you like but in liking what you have to do. Duty without love is deplorable. Duty with love is desirable but love without duty is divine. These are great truths expounded by the Lord Himself.

You can earn the gift of grace, of continuous contact with Him forever if only you will attempt, if only you will try. The secret of this lies in the trying, the secret of trying is to begin to live everyday life in love and communion with God. And you will find the feeling that emerges is unique, one of almost constant bliss. In every thought, word and act you should seek His approval. In some way He will voice it and let you know whether He approves or disapproves. Prayer, constant

communication and continuous monologue that will soon become dialogue. Ask Him, beg Him to take over your senses, your heart and your mind so completely that there is no you but only He remains. As this is practised, as time goes by the attachment to the world, the attachment to the material, the attachment to the physical will slowly disperse, growing weaker and weaker as the bond to the Lord grows stronger and stronger and you will become more in tune and at one with Him.

To cultivate love for God one needs no scholarship, wealth, riches nor rigorous austerity. The grace of the Lord is as the ocean, vast and limitless. Anytime of the day or night He waits for us. He can look after you as if you are the only person in the world and as if He exists only for you, so personal, close and intimate. To win the Lord's love and heart nothing is required except intense love and devotion. The love that cannot live without the beloved. The love that yearns for and seeks Him with single minded thirst and desire, He being the only one, the only love and beloved. No knowledge or learning is required, no austerities, disciplines, rituals, contortions or qualifications are necessary, nothing but a pure humble heart with an all consuming love which burns within ceaselessly in the inner chamber of the heart manifesting as tears of joy and at times as tears of distress at His distance. This golden rope, this thread of love will capture the Lord and bring Him to you, in fact chain Him to you. Not only will you never be parted from Him but He will never seek to sunder or escape this enticing bond. It is all He has ever been seeking throughout eternity and is ever seeking age after age.

You will hear a special song designed for you, if you call upon the Lord in your own heart where He is installed. Ask and He will answer. Have the form of the Lord before you and sit quietly in one place and repeat His name, any name. The form will hear and the form will respond. It is His nature to care. It is His nature to love His creation. It

is also His responsibility and His duty; if He does not do so then who will? That must be your calling card, your proposal, 'Dear Lord if you don't come to me, if you don't stay with me, if you don't abide with me, who else will?' Without this spring of love that bubbles in your heart you will not be prompted to love at all. Recognise that spring, rely on it more and more and develop its possibilities. Try to irrigate the whole world with it, discard all touch of self from it. Do not seek anything in return from those to whom you extend it.

By your cultivation of this virtue grace is converted into clouds of truth that can rain on humanity. So it is not only love but love, truth and virtue. The eagerness to progress, to serve, to expand one's heart, to take the whole of humanity in one's love. To see all as forms of the divine consciousness. One of the vital precepts for this is truth. If you are to live your life in righteousness, if you are to live your life in this manner, if you desire to win the Lord's heart and have Him enter your heart then truth is a necessity, it is vital and essential. Falsehood is something one must eschew and not be associated with at all costs. The power of truth is the power of love. It is all powerful and it is present in all beings. When it is practised it grants everything. Love is everywhere, there is no place with out love. Love is the foundation of all prosperity and happiness. It is only because we have forgotten this truth that our lives are coloured by misery and problems.

There is no person that is bad and no person that is good. Therefore one should not judge and label people and their actions because we can never be aware of the reasons, the previous actions that have been committed and which have culminated in the results before us now. So when you see two people at odds with each other it is not necessary that either one is bad and the other good. It could well be that they are both good and that they are merely carrying out the pre programmed actions as a result of past events to balance previous debts and future events.

Consider everyone as a child of the Lord, as your own brother and sister. Develop the quality of love. Seek always the welfare of humanity. Love and you will be loved in return. Hate will never be your lot if you promote love. Look upon all with love. That is the one lesson to learn, it is the highest secret. If you want to attain God, if you want to attain the key cultivate love, give up hatred, envy, anger, cynicism and falsehood. Is your heart full of love? That is all He wishes to know. Believe that love is God, truth is God, love is truth and truth is love.

One of the prime principles of how to love God is not to cause hurt to anyone for in every form, in each human being, in each entity, each grain of sand and every atom in the universe there is a soul and that soul is God. Therefore learn to have regard and respect for everyone's particular preferences. Respect them for what they are. Respect them for what they want, what they wish, and what they do. He looks to us and He respects our wishes. He respects and responds to our yearnings and desires and longings in spite of the fact that they are not in consonance with what He desires for us. If you expect to be respected, if you expect to be looked up to, if you want to be honoured, if you desire politeness, kindness, caring and consideration and sympathy then you must give these things yourself. You must offer these to all those around you. It is but one of the many pathways to the golden key. Practice only one and you will attain it without doubt. For where one virtue is the other qualities follow automatically.

Another one of the most vital qualities to attain is to live in his constant presence. Converse with Him, love Him, live with Him from moment to moment. Some of the things that can help achieve this are so very simple. Dispense with the media and television. Be careful how you use the God given gifts of energy, air, time and money. Try to spend even a couple of minutes in prayer at a fixed time. Be engaged in your duty at home and work, wherever you are in love of Him. Make an

attempt to overcome the negative tendencies and love everyone. Try not to be attached to the world, only to God. The most important but not least, is attach yourself to God and love Him with all your heart, all your soul, mind and being.

Amongst the virtues required the paramount one is patience. We have a tendency to blame others, hold others responsible, to find a scapegoat for all our problems, worries and all that is lacking in our lives. As soon as something goes wrong the human tendency is to incriminate someone other than oneself. To over come this, just see Him in all others and in their actions. When you see everything, the good and the bad, as coming and originating from God. Every thought, the way someone treats you, everything that is said and done to you, all of it originates from that one divine mind then indeed you will see that it is futile and pointless to point the finger of blame at anyone. Leave everything to Him and realise that this life is merely a learning process. Never think that anyone acts outside of His will. Remember that all carry out His wishes and that if it is His will then everything will fall into place for you. If it does not do so then acceptance must be that it is not the divine will. To achieve this state there is a necessity to have total and complete faith or overwhelming love for Him. Faith and love are the two wings with which one can fly high. The watch word is watch: Watch your thoughts, words, actions, character and your heart.

As you attempt this no words can ever express the joy of this union, of the tangible presence of the Lord that only you will be aware of. It is beyond words to explain. One must experience it to realise and understand it's true worth. It is a priceless gift which no jewel on earth, no amount of gold, wealth or jewels can ever compare with. And as each new dawn dawns you will awaken with a smile on your lips, a singing in your heart for no matter what the day may hold materially you will always share precious moments from which you can revel in a

heavenly angelic time with Him and lose yourself in the bliss of His presence. It will be found that His presence will create harmony and peace. His presence is indicative of His love. The never ending love and compassion that He has for us – else why should He respond to us? Why should He answer us when we so little deserve it? To achieve this, to generate and create this love in the heart there is a formula, it is called hands work, heart in which God resides, and mind holds conversation with God. That is how life should be. Instead our hearts are full of bad qualities, our minds are full of the past, present and future and mans hands are full of the result and effect of both. When the mind is so occupied how can there be a heart link with the divine. Hence empty the mind, cleanse it and create the link with the heart just like a telephone line. The distance between you and God is the distance between you and yourself. You are God and you are the self both entwined in one body. The only way to become closer to God, the only way to gain the magic key is to ignore the phenomenal world. Do not become entrapped in it's whims and fancies, it's up's and downs. Do not allow yourself to be tossed hither and thither. Stay firmly rooted in your love for Him. Be firmly rooted in His presence. Then you will have the constant vision of the Lord in your heart with you, beside you, around you, above you, below and behind you: an aura, a presence as tangible as physical energy, a veritable current of love.

Do not spend time thinking about the world or about your relationships to others. They are all impermanent. They will not last. Pay attention to that which lasts. Follow the conscience for it is above the mind, it is the voice of God. Follow the divinity inside. If the conscience says do then do. The voice of unchanging truth inside which will lead you to His heart. The world is not your business. It is Gods business. You think of God and let God take care of the world. One of the most important ways to achieve a depth of devotion and to improve upon and to expand it, one should relive and re experience all the divine contacts and experiences you have had with God, anything that is good, that is pure, that elevates the mind, beautiful episodes, only the blissful enriching moments in your life.

First you love, this is the initial stage. After that comes the subtle inner relationship and you will realise that you are a spark of the divine, that you are a child of God. In the beginning you say, 'O God, you are very dear to me'. But it is when God says, 'You, my child are very dear to me'. Then you are always near and dear to God. Now you are in a family relationship with God. Finally you will realise that there is no difference between you and God that indeed you are one and the same. How to achieve this? Love God with all your heart, mind and all your strength. Love all as God.

Everyone has there own life to lead. No one is born for the sake of another. No one dies for anyone yet our attachment to each other, the worldly ties are so strong and powerful they swamp and smother us. This is an aspect that has to be addressed and overcome. We must realise and comprehend this illusion and remove the veil of ignorance if love of God is to flourish. To this end one must cultivate detachment, develop renunciation and halt desire in its tracks. Once we are free of conflicts we ride the waves instead of being drowned by them. The end and sum of human life should not be wealth, vanity, gold, or worldly fame but character and sacrifice. Be honest to yourself. Be sincere in thought and deed. One must not allow attachments and other motives to affect your resolve to earn and win God's love. There should be a constant yearning to love Him, to please Him, to be constantly with Him so that the fullness of love can be achieved in time. For when that happens, until the end of your life, nothing can ever come between you and Him. Immerse yourself in Him and forget all else.

In our lives He provides us with a congenial atmosphere, plenty of leisure time, more than enough opportunities to seek Him, find Him, to search Him out and attain Him and what do we do? We spurn these golden chances and instead occupy our selves in useless pastimes or new technological advances which arrest our attention, and for what? For the trivial and the transient. To achieve the opening of the heart, the

winning of the golden key effort is required; consistent continued effort to control the mind. The mind's nature is to flit from one thought to another. Your nature must be transmuted to concentrate on Him alone and none other.

Our constant complaint is that we do not have enough time for Him. Where are we to find the time in our busy lives for God? Where are we going to find the time to sit and meditate, converse with Him or call upon Him. Of course we make the time once we fall into despair. There is plenty of time if only we use it wisely. For all of us are much affected by other occupations. Once these are allotted their proper time spans you will discover that there is plenty of time left for God. Once a moment, a second, a minute has passed it is gone forever. It will not return. Life can be likened to a melting ice cube. Like ice time that is gone is gone forever and can never be recovered. Time waste is life waste. A well known work place practice is time management. If only one will review one's activities one will realise how much time is actually thrown away in non essential, frivolous totally unprofitable and wasteful time consuming activities. Organise and prioritise your work and leisure activities and see how much time is gained. Create your own time management technique and witness how beneficial, constructive and useful it proves to be.

Negative character traits will always manifest and undesirable qualities will appear before us because it is not until one comes across, contends with and over comes the crookedness in character can one be completely pure. Allow most things in life to pass over you like so much water over a stone. Prevent events from contaminating your heart and mind. Try to control your responses to aggravating situations for only then can you over come the emotions and qualities of hatred, anger, jealousy, envy and their hosts of minions ruled over by the demon king ignorance. Do not decide, plan or prepare; have no choice yourself, no likes or dislikes, be as clear as a mirror and merely reflect.

When we receive something, when all goes well we say that 'I have done this. I accomplished it. It is mine, my effort, my doing, my victory; I worked hard, I achieved'. When things go awry we look for someone to blame and God is available. He is quite conveniently placed to accept our recriminations. Our attitude should not be thus. On the contrary when events go wrong then we should reflect on where we have failed. Has it been due to some past injustice we may have carried out in another lifetime, which is now boomeranging back. The error that needs to be corrected is our attitude, our vision and view and not the problem. For example let us say that I broke someone's hand previously and now that person has done the same to me. If I take to blame then the situation will only be fuelled to further retribution whereas if I accept it as a karmic consequence then in all probability the effects will be lessened. If all goes well we should thank God for His grace and blessings and think it is due to His mercy that success has been attained. This attitude, this feeling will increase devotion, will stabilise love for Him, will instil faith in the heart and grant strength to the mind.

Consider well the qualities you have to retain, the qualities you have to discard and act from today to give up the undesirable and cultivate the desirable qualities. In this respect others must be used as a mirror for oneself. When you witness the behaviour of others it is easy to judge right from wrong. This is a constant process we engage in all the time, though it takes place unconsciously it is an automatic process. If we use this mirror correctly then we can utilise such experiences for self-improvement and bettering ones personality. This in turn will encourage others around you to follow your lead. It becomes a chain reaction, an avalanche that is unstoppable, a contagious disease of goodness and righteousness.

They say that wisdom comes from experience and I would contend that true wisdom grows only from association with God. You cannot

learn anything new in this world. The only originator and creator with creative ability is the Lord. One cannot create anything new in this world for it is not a true reality. The five elements that make up the universe have been created by God. No one has hitherto discovered a sixth element. Our scientists merely create various combinations of these five elements. Hence the power of creation lies within the realms of God alone. Only through close contact and living in His presence can anything of value be gained, attained or achieved.

Those who give themselves to God wholly and without reserve even though their karma or their past merits may not advocate the showering of grace they still receive all that God can possibly give them and more importantly they win an intimacy, closeness and a personal love. It is only with such devotees will He play, will He be a friend and companion, the nearest and dearest. Others who reap the benefits of their good past and yet now do not take to this path they only gain that much contact with Him that is their due.

Whenever we see something beautiful, we know that God is present and that gives great joy. If we put on our beauty glasses, then we see everything as beautiful. If we put on our love glasses and all we will see is love. If we put on God glasses all we will see is God. If we keep our worldly glasses then all we will see is the world. There is a story to illustrate this. It is the story of a monk who goes from house to house to beg for food. One day he comes to a very wealthy mansion. There he goes to the kitchen to get some food. The owner of the house sees him, 'Sir I want to ask you something. I have been to every doctor in the world as I have this continuous headache and I see double. Nobody can help me. You are a man of God please tell me what I can do'. The monk looked around. There were so many things all around the house, so much confusion. He said, 'This is what you should do. Bring the colour green into your life. Only see green. Wherever you look, there should only be

green. Green is a healing colour. Soon the symptoms will disappear'. The man thanked him very much saying, 'I will definitely do as you have said'. Six months later the monk returned to that area. He was flabbergasted to see that everything had been painted green. The gate was green, the house was green, the trees of course were green but the trunks of the trees were also painted green. There were men working on green ladders painting everything green. There was so much activity. Since the monk was dressed in brown a watchman ran out and put a green cloth over him so that there was no chance for the owner to see something other than green. 'What madness is this?' the monk thought. The owner recognising the monk called him in. The monk asked him, 'Well, how are you doing?' 'Worse than ever! I am so worried that something will happen, that someone will come and I will see a colour other than green. I am spending hundreds and thousands of pounds to make everything green but because of the worry my headache is worse than ever!' The monk replied, 'What a fool you are. You are creating so much chaos and confusion. All you had to do was to buy some green coloured glasses. Then everything you see will be green. So too if we wear the glasses of love then everything we see we will view with love. Then there will be no chance of seeing anything other than love.

No matter how far you traverse the path every so often an obstacle is bound to arise. This is quite natural for until you are virtually one with God and ready for mergence will you become perfect. Though you may feel defenceless against the onslaughts of your alter ego have faith and love and the Lord Himself will see you through. Seek constant guidance, ask for advice and do not let go of Him, do not release His hand until guidance is provided. Like a traffic controller only the Lord can point the way forward which is congenial to you, your path, circumstances, traits, previous history and your future. Only He can suggest and only He can direct you to the exact perfect route that will take you to Him. At best all others can only offer the learning that they have gained through their experience but this may not be relevant to you. The only medicine for problems is this incredible force of love.

We all like to see sweetness and beauty yet in this mad rush for existence few of us pause to see Gods loving hand of creation in those who pass by. Few of us have time for the loving God. Very few of us ever think about Him. We have no time for Him or His creation and this is a grave mistake. We should give a helping hand and a happy smile of inspiration. A smile to a stranger is like sunshine and brightens his mind and gives him joy and courage on the road of life. These are all small things, little joys yet how important they are in the grand scheme of life. In this context true happiness is union with God. Happiness is bliss. Happiness is God. So be happy. Forget yourself. Play and make a game of life. It is a wonderful game if only one understands the rules. Become knowledgeable and familiarise yourself with the rules and you are sure to win for you cannot lose.

God is all loving, merciful and compassionate. He will forgive you a million times or even a trillion times if necessary. Time and time again He will forgive and take you in His arms again. Do not see the ugliness in the world, do not see the sorrows, concentrate only on the beauty, the bliss and the goodness. If there is enough love and faith in you then you will fail to feel the sorrow, distress and the heartache. If you love God enough all the negative aspects will be overshadowed and painted over with bliss from Him as if they never existed and never ever will exist. The only requisite is loving God totally and completely and having that faith which does not shake, that faith which does not waver, that is itself God.

Winning God's heart, winning His love, gaining His presence and exacting His response is a major hurdle. It is an incredible problem to surmount, a crucial mountain to scale but once accomplished He is an absolute darling. He was and is always the same. It is we who fail to apprehend His innate love. The changes come from within us, in our attitudes, in how we view life, the world, God and ourselves. Once we transform the obstacles are removed, the mirror is cleansed of the layers

of dust hiding our reflection from us, veiling divinity from us. Once the cover is removed the reflection is seen and we can see the divine within and outside. Once He enters your life it will become one long stream of miracles and unbelievable coincidence after coincidence will be witnessed, a wonderful life, a stupendous life.

You may argue that you cannot be alone with the divine that you enjoy company but the reality is that you always have and are always alone. Alone one is born and alone one dies with no one to accompany him, even on the last journey. If you enquire deeply you can see that essentially, despite being surrounded by loving families and society, you are all alone. You are a single solid entity and in your heart of hearts there is just you and God. Even whilst engaged in worldly affairs there should be just you and Him. All else is of no consequence. The point may be forwarded that the reality we live in is tangible and very real and that one has to act and move in it. That is very true but do not involve your mind and more specifically your heart in any of the worldly dealings. The resolution to carry this out takes effort, mind control and love.

It is difficult for us to grasp these principles because we are governed by circumstance and environment not to mention the character and habits formed through many lives. Mankind's only failing is that he allows himself to be swayed by the whims of fortune. The only solution is to take refuge in the Lord. Once that is accomplished, once you understand that everything can be overcome with this one answer, faith in God, love for God then all is won.

In every situation that you are faced with in life, at every cornerstone, at every cross road, every parting of company and renewing of relationships, in every act and aspect seek His advice, and only His

advice. There is no need to go elsewhere seeking here and there, 'what shall I do?' Only ask Him that is enough and He will respond and you will receive the best advice possible because He is the only one who truly has your interests at heart. If you become totally dependent upon Him literally and completely then and then only will He respond to your prayers and be your guide and guardian.

Control desires and eradicate desires. The fundamental truth is that every single desire and thought that is generated in our minds creates an aura, an energy and that desire, that thought must be fulfilled some time at some point. It must needs take form and become true, become reality. Later on you may find that the very desire that was so vital and important is no longer acceptable or even desirable to you. In fact it may well be the complete reverse and have become utterly detestable to you. Nevertheless the desire must be personified and fulfilled and you may find that it has become an irksome liability; nevertheless it has to take form and reality. To defuse the impressions that have been previously formed by the mind one must let go and surrender. Only then will all impressions, images and formulations be negated.

When once one begins to live in the divine presence, without any of the negative qualities like anger, revenge or malice then the miracle happens where by due to your purity all that is levelled at you is instantly returned to the sender. All that is negatively aimed at you or crosses your path goes back to where it comes from having no effect whatsoever on you. This is the greatness of devotion, of loving Him, of His protection, grace and mercy. It is the miracle of devotion. It is what happens when the innate divinity manifests itself in a person's heart.

You may contest that I will do it later and that love of God is

something that can be taken up later on in life or maybe ten years from now, maybe next life or maybe not at all. After all we are too busy now. However, life is short and there is no guarantee that you will even be here tomorrow. In fact there is no surety that you will be here the next instant. There is no guarantee that you will be healthy or in command of your faculties tomorrow. You may fall ill today so take this opportunity, this instant, this second, now and use it to love Him, to develop love of God, to express your love for Him, to say your love to Him, to become united with Him. The form, a body is needed to express the love for without a human body you cannot do any thing. This body is a great gift of grace, a tremendous opportunity and chance that comes but once over many lifetimes. Animals and plants cannot formulate thought, debate or decide in this manner. This is a gift which only humans have been blessed with.

Now this very moment, this instant alone is the time to take to this trail, to discover the golden key to His heart. Tomorrow the possibility, fortune may not be there for you for it may be taken from your grasp. Tomorrow you may not have health or wealth. Tomorrow circumstances may be such that the bent of your mind may alter completely and may not be as amenable as today. Tomorrow you may well become inextricably entangled in material pursuits and you will lose Him and He you. You may be helpless to exercise any control over your life and mind and perhaps you may have to begin again in another time, another birth, another lifetime, or another universe. How do you think He feels having to wait time after time, birth after birth, universe after universe? Take hold of this providence with both hands, this golden opportunity today and start the journey, travel the path and attain the entrance to His heart.

The Lord says again and again that He longs to reside in the heart fragrant with the incense of fine virtues, merciful intentions and compassionate emotions. He longs to live in such a heart but how many

of us try to make our hearts worthy of Him, of His presence. The whole of life and living is to achieve that alone for only then can the key to His heart be won. If you have given Him the key to your heart then He will automatically give you the key to His.

The secret is to be unattached, totally and completely. The trap of attachment that claims our attention, ego and pride is what causes problems. Problems only arise due to our attachments otherwise circumstances would never concern or agitate us for we would be immune to any disturbances in life. We may say that its impossible to live totally detached however, a fairly high degree of detachment is very attainable. This is the aim and the purpose that we must hold to and try to achieve. To be attached is to hold onto things but to be detached is to release and let go. The spiritual path is easy, it is as easy as letting go of a handkerchief. To hold on requires strength, to let go is to relax.

How can you be happy surrounded and enmeshed in so many problems. You complain that the Lord wants you to be detached and it is not so simple to do this. The trick and secret is to take joy from Him and then you will be detached. The only way to take joy from Him is to love Him utterly and completely. When you love Him you give Him bliss, that is then returned to you a thousand fold. When you give it back to Him it is returned again to you a thousand fold. The process goes on. This is how to be detached; this is how to be above worldly considerations.

Why hanker after object after object when you can have the creator of the all the objects. What He wants us to desire is the hand and not what is in the hand: the giver not the gift, the creator not the creation. Seeing good everywhere is seeing God everywhere. We must

live like this in the world. We must fill our lives with love and goodness. Then by themselves the vices will flee and God will take up residence in our hearts and we in His. Before you speak, think to yourself, 'Is it good, is it true, will it improve upon the silence?' That is really the key to everything. How much do we value stillness? Only when we are pure inside, when we are empty, only in the depths of our inner silence, will we be able to hear the promptings of the voice of God.

Everything, the world is nothing and the nothing, God, is everything. Only the veil of ignorance must be removed. The room may have been dark for thousands of years, but the moment sunlight enters in and the curtain is parted instantly darkness is replaced by a dazzling flood of light.

One must utilise every single opportunity in ones life for the divine. See only God in all the persons around, in all the people that surround you. See only God in all forms. One must have constant awareness of ones actions: this is a form of detachment. To acquire detachment love Him and practice the principle 'see God in all'. These disciplines will lead to His heart. If one accepts all situations one finds oneself in as having been orchestrated by the divine then there is no reason, no cause for complaint. If there is an untoward situation, and one analyses oneself first one will understand and cognise that the problems arise within us. It is we who entertain the feelings and emotions that are not correct and it is those that then manifest in the people around us, which return, boomerang back upon us. One must never cause hurt by interfering in other people's lives.

Without Him in your life, without Him as an anchor and mainstay, without Him to love and without His love all the undesirable qualities may manifest within you. The instant He takes up His abode in your

heart all these vices will disappear like so much mist, leaving no trace, not even a forwarding address. The moment the lord takes up residence the whole world appears bright and cheerful and each day is joyous, more glorious than the last, each day is blissful in His company.

Once you try to acquire the contact and try to purify your love you will find merely the contact with Him, merely the attempt at contact will correct situations and elevate you above problems. The error lies in being distant from Him. If your love for Him is pure you can never be distant. Give up all other thoughts and live only in Him. So many times He asks this and so many times He explains. How many times do we follow? You may assert that you DO love God and that you have no other considerations but when you do not receive, when the love does not come back to you as bliss, then you must examine its form because likely as not it is tainted by worldly considerations, it is coloured by street values. Only when the love is pure does it return to you as bliss.

Wealth and worry cannot give you joy. You can only ever be truly happy, you will only ever be content in His company. That too only when you have acquired some little detachment. I suppose you will say that if the Lord does indeed love you He should automatically resolve all your problems because of His love for you. If He does not do so then presumably He does not love you. One should not make statements under implied ultimatums. This is a gross error. The Lord never ceases to love or provide for us but some corrections may have to be made on our own part. Our lives and values must be essentially reassessed, upgraded and redefined.

In everything that you do, everywhere you are, in every aspect of life always remember to place the Lord first. Never forget this one principle, do Gods work first then all your cares will be His and taken

care off. If you place others first or problems first who is going to take care of your problems? On the other hand if you surrender to Him and place Him above all others He will place you high on His list and address all your affairs. That is His law, the law of the universe.

Although we would contend that due to His invisibility to the naked eye it is easy to forget Him. Our one duty is to remind ourselves, to remember Him through out the day, to live ever in His company. How to know He is present when He is invisible? He will show you His presence. He will guide you to His presence. He will manifest His presence for you so that you can never forget that He is there. And His presence can be denoted in a thousand ways. With the Lord persistence pays, constant, ceaseless enduring persistence.

His love will be overwhelming. He will hear and answer each and every wish of yours. He will always be there present for you but you must also be there for Him. Your love must be strong, that is love, discipline and service so that nothing swerves you from Him. Pray to Him to grant you this strength, this love. Plead for this love to be gifted to you. The secret is in the asking. In asking for the correct gifts. Even this love for Him is a gift from God. It is not something that is just acquired. It is His grace that allows you to love Him. It is His grace that graces you with the courage to follow this path. It is His grace alone that has created and endowed you with life.

Some people will pay more attention to rules forgetting the human necessity to weigh a situation for merit or demerit. They must learn to temper their decisions with compassion. Most times we humans cannot see beyond the limits and bounds of our little circle of beliefs when it comes to us personally. Yet when it comes to other people we are prepared to judge and condemn. We must expand our circle of beliefs

to encompass the entire world, to encompass the universe. We must broaden our thinking and ennoble our ideas, raise our minds to a higher consciousness.

However, effort will be necessary for God is not so easily attained and some discomfort is inevitable. During all this it is very important you understand that humility and lack of anger are vital, for He does not approve of such. Can you imagine how He would feel if one of His children decides to carry out a wrong on another of His children. Even though one may have been wronged first He does not expect that we be vengeful. For Him all His children are equally beloved. Allow the law of action and reaction to take its toll, never take the law into your own hands. Everything has a place and order and is well balanced with all others. Think along these lines and you will see how absolutely wonderful it is to remain with Him, in His company. He will help you through your temper times. When you feel tense and anxious, when you feel emotions racing and raging within, bubbling inside then know that you have lost contact with Him.

And when in spite of your best efforts you still fail you must pray to Him constantly for His grace, that you spend twenty four hours a day with Him. Pray that He grants you the resolve and determination to complete your mission. Only by His will will it be possible. We have no will, no ability. We are merely puppets and He is the master puppeteer pulling the strings and making us perform. So in asking Him to do this and pull a particular string, that too is His will. And believe me He will agree. He will pull those strings and gift you with the required devotion. You will then always be blessed and gifted with whatever you ask for.

No matter what God bestows on us we remain unworthy through our human failings. We break our promises to Him very easily without

a second thought. To follow His injunction to serve others as Him, to seek Him in all His creation, to become united with Him in divine love. That is the purpose, the path and it is the goal. One must be careful to use discrimination in one's disciplines for one does not wish to harm the Lord. When you are engaged in strict practices remember He lives in your heart so the discipline must be balanced and not such that you exercise intense rigorous practices that it pains His heart. Be careful never to hurt Him, never to harm His heart. For when He gives you the key, you must never misuse it and give Him cause for pain. If you knew the Lord intimately you would appreciate this.

We must seek His grace, we must ask and pray for Him to manifest Himself, ask and pray that we disassociate ourselves from worldly trivialities, tinsel and trash so that we may be able to concentrate on Him. All prayers are always answered. Never does a prayer go unanswered. He hears the footstep of the ant, even a leaf cannot move without His will. The one who hears the foot fall of the ant can He not hear your call also? The one who knows of each and every leaf that falls can He not hear your pleas? Therefore it is vital that you pray but it is equally important that you pray for the correct things.

One must create a place for the Lord. A mental place for the Lord in the mind, a spiritual place in the heart and a physical outward place for Him in your home. One in the heart, one in the mind, a physical representation outside. If we create these three things then He can never remain at a distance from us, He must always answer, He must always come. This is easily accomplished in the small things. Call on Him as your companion from morning till night. Feed Him, clothe Him, bathe Him, eat with Him, speak with Him. All these things will easily bring you to the feet of the Lord.

By loving Him and living in His presence all problems that arise will be resolved in a day or even a few hours. How wonderful, how great is this love that He is ready, willing and waiting to shower it upon all of us. All we need do is take the first step. If we make the effort and take the first step He will take the next ten or hundred steps towards us. He is ever ready and waiting for our love.

The only way you will ever advance is to live harmoniously in your society, community, group and your family. The test of faith is of unity and love. Why quibble over trivialities when the ultimate goal is so precious, so undeniably enticing, a treasure beyond compare. Immersed in the world, entrenched in your fears, you excuse yourself on the grounds that you do not have the time, do not have the inclination due to your anxieties and worries. The question to ask your self is do all these things help? Do they advance you in any way? Do they give you peace? Does worry solve anything? In fact if you remain immersed in Him both you and He would gain and of course the problems and distractions would merely melt away like so much mist before the sunlight of His presence. They will be resolved all the sooner. It takes that much longer for our problems to be addressed simply because we hold within us so many fears. If only we do not allow such things to interfere then there would never be any difficulties, distractions or anxieties, nothing to resolve. That does not imply that all vagaries will completely vanish it means that you will be above and beyond their reach and will attain a supreme equilibrium. Everything would be happiness and bliss from start to finish, from morning till night. Very few people understand or have uncovered this secret of divinity; that the Lord's company alone smoothes out all problems, nothing else is needed. You need do nothing but merge yourself with Him and you have access to the divine will. The power of divinity is at your disposal. Then all is possible. Gaining access to the divine will is through the golden key to His heart. To achieve this merge your will in the divine will and the divine will becomes your will; then there are no obstacles. These are major revelations; silence in the Lord's presence is the remover of all obstacles the granter of peace and bliss. Silence and living in His presence.

One would never think that the divine Himself may be subject to feelings. Mankind was made in His image so perhaps He does have feelings though He can and does transcend them. The fact that He responds with love to all of us presupposes and prejudges feelings. God never gives away His secrets and one of His most intimate secrets is that He has perfectly normal feelings. The difference between Him and humans is that He is not a slave to His emotions whereas we are dictated to by our senses and emotions. He is the master of both and has the ability to transcend both. Even were we aware of this ultimate secret we would still fail to comprehend for it is our nature to complicate all things and He is essentially simple. His concepts, precepts and universe are based on the utmost simplicity. Most of the truly great men in history have been simple and humble creatures filled with faith and love for the great divine plan and the creator of this vast universe. True greatness recognises the almighty and feels meek and lowly before the omnipotent force. A genius is merely a soul who has tapped the great ocean of wisdom and allowed it to flow through him purely. A great saint is simply one who has fallen in love with God.

We must always have love and understanding for those who cannot comprehend at our level. Who are less spiritually developed or less inclined to follow or are unaware of this path, of this love of the Lord. Remember everyone is on the spiritual journey whether they are aware of it or not. Each one has to take to this path at some time in their lives. At some point in time they will have to turn to God. There comes a time when everyone has to surrender, completely surrender their will to His.

One must not follow blindly and having followed on, must never doubt and not be quick to condemn. One must always think and debate first before responding. Never condemn others, think and determine the how, the why and the wherefore before you decide and judge. Your own experiences will guide you. What you know, what you see, what

you feel, what you think will form the basis of these experiences. That will be your path, your guide. He will Himself guide you along the path. He will teach you through experiences that are designed just for you – to lead you to that golden key which will open the door to His heart.

Turn towards God and God turns towards you and the shadow is behind you. It no longer affects you. But if you choose to turn to the world, then God leaves you alone and you are in the shadow of the world and the world of shadow. When you consider yourself to be in the world of relativity, separate from God and you think you have a will separate from God then you are required to exercise it correctly. The consequences of acting as if you have free will is that you are bound to consequences of your actions.

The Lord Himself has said use every little experience as a teaching tool. Put out of your mind any belief in chance or accident and know that everything that happens down to the smallest detail is an outpouring of My limitless love and tailored especially for you. Notice what happens around you, the state of your health and body. The way you feel, wash, eat and look. Who you meet and how you work with them. Observe especially your reactions to situations. Just as in school some will be teaching tools and others a test to show you how well you are doing. See if you can accept the whole experience with calm equanimity. This is the university of life. Centre your attention on Me. See the whole world as a reflection of your inner being. The temple is your heart where I dwell. Your home and its environment is your identity. The outer world is your desires. In your environment you are strongly pulled towards and away from Me. In your heart you have more of a chance. In your heart you can actually see Me from time to time but even there it is easy to be only half present and not realise that I love to give. By My grace this outer show, this world gives you the means to strengthen your contact with Me in your own heart. Make use of your time. Time is precious. The present is precious. It is the precious present.

Concentrate every iota of your attention on Me. Open yourself totally to receiving My gifts, My grace, My love. Be ready to accept an outpouring of My grace at any time. What you want, ask for and I will give but do not expect. Think always of love. Be open and free from fantasy and projection. Just be Mine and I will be yours. This way you will find happiness and fulfilment. Remember that hidden embodied in everyone is Me, can you find Me there? Or are you too distracted by their outer characteristics and habits. Look deeper in eyes that love and yearn for Me, there is My form, My presence. Honour and learn from the devoted. There are many examples in the world. Accept My grace from whatever source that it comes. Be loved and love. Be loved and blessed and learn to love more and more and serve more and more.

Loving God

Now that we have looked at the qualities necessary and preparatory to loving God let us look at how to intensify our love for God! How to call on Him! How to yearn for Him and seek His company! How to make Him respond to you! Let us look at how to win His response, for once this response is given then truly you have the golden key to His heart. There are various levels within levels and within each level there are further stages of development and other levels. Though one may attain the top most rung in the middle level during one lifetime one is not necessarily enlightened. It would merely mean that one would have to commence the journey again on the next set of levels. And this journey goes on until ultimately one is totally at one with and in love with God, until He becomes the beloved and the one and only love.

Initially it starts off as a process of recognising the existence of God, the dependency on God and the calling on Him for assistance. Gradually it becomes a working relationship. Just like any other affair or activity it happens naturally, slowly without your even being aware of it, nothing extraordinary. You suddenly discover there is someone you can turn to, someone who cares for you. Someone who loves you, who

is tentative, concerned, relaxed and easy going, who does not expect anything in return from you. Once in a while you remember Him. He gives and you take. This give and take situation slowly develops into acquaintanceship and then friendship. Gradually, gently the inevitable attraction takes hold and that acquaintanceship, the knowing turns to a deepening friendship, of sharing, loving and being together in oneness. Knowing that there is someone who cares for you, the knowledge of love being between you. As this reaches hidden depths, more and more time is spent together. There is a loss, a sense of failing without that union. This friend who is so close to you, is becoming intimate with you, is becoming indispensable. The time spent together, the shared laughter, the times of mirth and play, of sadness and uplift. The pleasure of each other's company, two minds alike, two hearts beating as one. The companionship develops until one day you realise this is the end of your search for your deepest love, the one true love. So now what to do? How to cope with this revelation? You cannot live without Him. And He cannot live without you. You care too much about each other. Life loses its hold on you; it is just a passing shadow, something that quickly fades as time stands still. Of course love of God has nothing to do with physical love or attraction, as we understand it. Just as a physical body is required to demonstrate life so it is used to demonstrate love of God. So consider Him as real and buy Him trifles and gifts even though He is a part of you, all around you and is with you. These little intimacies are love. There is a constant awareness of His presence that, as it is practised, becomes a reality. As this love deepens it becomes a deep communion and will lead to direct communication, will lead to internal communication, will lead to visual communication to such an extent, to such a high degree that there is no distinction between devotee and God, they become one.

I asked 'How do you do God?' and God replied with a smile and laughter in His eyes 'These little intimacies grow and grow and blossom into the form of love.' Then even though you may temporarily fall away, fail, slip, and may stumble while climbing this ladder of love to Him; while you are striding up this mountain to Him; while you are navigating

the potholes, the crevasses, the cliffs, mastering the dark shadows through the forest of life and you see the fearful entities, the formless fears – the key which you carry in your heart which is this love of God – the key to His heart – that key protects you and envelopes you in an aura, a bastion of love. It grants strength and courage to face and conquer these nameless fears. The predominant feeling must be that everything you do, every action you carry out, every thought that you have, that crosses your mind is for the delight and joy of the Lord and not just because He has asked it of you, or you feel He expects it or someone else has asked you to assess yourself. It must be purely to see the smile, imagine the smile on the face of your dearest beloved.

We falter in our attempts to follow His teachings and so the journey is necessarily slow, laborious and at times tedious and impossible, that is, to those of us who have made the attempt. Yet if we persevere we will surely gain the key. And for this love is the only requisite. Love Him with all your heart and soul and place Him foremost before all material considerations. Do not allow yourself to be drawn into the worldly whirlpool for then no trial or tribulation can affect you. So great is the power of His protective love. So great is His love for you, unbelievable, inescapable and unfathomable.

Live in the love, longing and yearning for God and see the miracle He will create just for you, for your edification. Witness events around you as created especially for you, your purposes, evolvement, pleasure, joy, amusement, success, entertainment and edification. He can devise all this just for you. Everybody around will merely be a puppet for you: this is God's love for you. Just as a mother loves her child to the exclusion of all other children, He loves His children and He has a yearning to see them turn to Him. For their sakes and benefit He will turn heaven and earth upside down and around. For the love of His children He will do all this and much more. As you watch and observe this miracle you will see God make everyone do what He wants for you. So why should you

worry? Why should you be concerned by trivialities when you have divine grace at your beck and call? Divine love showered above you like so many stars, so many glittering gems. This does not mean that you ignore the world, step aside, take a back seat or do not observe your duties. Your duties to your family, parents, home, children and work; all these must be observed, must be fulfilled. You must see it as your duty for Him. In each and every person you must see only this person you love, see God, You must see His presence in them and serve them as such and your objective will be achieved in a very short time.

Eons ago this path of righteousness, this love for God and oneness with the universal soul was something that was integral to humanity and was inculcated into each and every one until we slowly cut the connection and deserted Him. But what did we leave Him for? What have we gained in return? Think about it. What have we gained by leaving the Lord? Just look at the state of our world? The state of humanity today speaks for itself? Yet all that is required is this total oneness. The over soul, super consciousness, this love and this total oneness will achieve what all the meetings of all the nations for eternity can never bring about, peace, love and harmony. It will bring peace where there are pieces, love where there hatred, truth where there is injustice, happiness where there is suffering and joy where there is sadness. One very simple connection to God can set so much aright. For this love is the most important factor, in fact the only ingredient and necessity. Today we tend to forget. We think a few prayers, a few rituals first thing in the morning, last thing at night, or maybe none at all are needed but there is something else needed and that something is love. He is waiting for our love and He wants our love. You open the doors of your heart and see what happens. Nobody realises or understands how vital love is. Even if you have nothing else you can accomplish anything and everything with love alone.

Some will say that it is living like a saint, a sage or an angel and it is an impossible task; that one cannot live without negative tendencies. The answer is that this is the only and ultimate reality and goal. This is how we should all learn to live, all of humanity, not just the saints or the sages. There is a great difference between the types of devotion for some saints or sages force themselves to acquire a steady unwavering mind through rigorous discipline. They cut asunder their sense of like and dislike and destroy it through this method. However, the one who loves God has no other thought than the pleasure of his beloved Lord and so automatically fails to notice anything. He fails to notice the type of food he is eating, the clothing he is wearing or the environment he lives in. He is so completely and totally one pointedly engrossed in the divine love of his Lord that he sees nothing else.

One must be established in the firm belief that He will never leave you, never desert you. That He is yours through eternity and that your relationship is of a nature of such intense intimacy and love that like milk and water once mixed you can never be parted or separated. He may at times retreat into silence so that you may correct your faults or misdemeanours. Remember this always that with regard to certain things He may wait for you to learn for your self. So you must always be aware of what pleases or displeases Him. Search within yourself if a desire is His or yours. Constant practice of this will ensure that you never stray from the straight and narrow, the right path. Those who love Him and who spend their time with Him, He takes care of everything for them. Each little task is His duty and love to perform. For those who rely entirely upon Him, seeking no other source of assistance or consolation; who have one hundred percent faith and devotion, for them He is bound to do everything. This is how He would wish to have you, how He would wish you to become. Witness the events around you and do not allow yourself to become embroiled in them. Remain firm in Him within you. Trust the inner divinity. Love Him within you and have faith and trust in His advice to you from within.

God has everything in the world. All power is at His beck and call. He can create anything He wishes. He can materialise a golden palace or turn the universe into a dust particle but the one thing, the one precious item that is not in His possession is our love. He cannot win it or gain it in millions of years. It is ours to withhold or give freely. And that is probably His one and only desire and longing. He needs, wants and yearns for the love of His children. Why don't you become His friend, His companion, cater to His every whim, love Him to distraction, serve Him adoringly, argue and tease Him, play with Him annoyingly – all the intimacies which take place in our human relationships. How pleased He would be if only we would consider His gratification, His enjoyment.

One of the most important tenants of loving God, of seeking God is to understand and realise that there are no true friends except Him. All are fair weather friends and even your closest relative will leave you at some point. We make our own lone way to the cemetery, no one will accompany us beyond the gates of death. In fact it is only the fruits of our actions and God who will give us company on that isolated road. One should not depend on anyone, only on Him. God is your only true ally, friend, companion, confidante and partner. Despite this truth most of us desert Him and turn to comrades and relations for comfort and consolation, to share our joys and sorrows with; yet they in turn desert us. Quite ironic! We as human beings cannot rely on the infallible yet we have immense belief and faith and place our trust in other impermanent bodies like us. What happens then!

How does God spend His time? What are His leisure and pastime activities? What does He do? It may be that perhaps that is the whole crux of the matter for since He is omnipresent and is aware of all things at all times the only diversion for Him, the only true happiness for Him is your love, is when you spend time with Him. More especially persons

who yearn for Him and want Him for Himself, and not for the gifts He can or may bestow. It is a delight and a novelty for Him to be loved for Himself. Otherwise I guess it to be quite tedious being in possession of all knowledge, past, present and future. We have so many options before us to attract our attention to keep us occupied and preoccupied and to amuse us. Lost in the various distractions vying for our attention and being immersed in the delusion of worldly reality we forget Him but to whom can He turn?

Every waking moment one should be submerged in the contemplation of the divine. Have you ever thought that He is trying and making attempt after attempt to attract our attention, to make us turn to Him! How can we even hear His calls entrapped as we are in the delirium of our minds. We have so many tasks, our days are full of work, duty, office, home, children, ironing, washing, cleaning, cooking and working. When can we find time for God's work? When can we find time, when can we make time for Him? When can we find time for loving Him? Our desires multiply to make us busy. We have neither the time nor the inclination to sit in silence, to hear His call. With God there are no shares. We cannot say that there is a separate God life and worldly life. Do not separate your day into God's time and your time. One must make all work God's work. He will not share Himself with you, your desires and your wants and needs.

One must remember at all times that God should not be treated as a distant deity to be bowed to and worshipped but is actually the closest, nearest and the dearest. He is the integral indweller of each and every one of us, nearer than your own skin, part of your flesh and blood. Imagine His feelings on being ignored by ninety nine percent of His creation? Do not place Him on a pedestal to be worshipped as a deity or a sovereign divinity on a regal throne. Worship Him, if you must, as your very own self, as very much an inseparable part of you, not apart from you. Merge Him intimately into your life. Treat Him as a

friend, brother, sister, mother, father, confident, beloved the dearest, nearer and dearer than any other. Share everything with Him, your food, clothing, time, work, and play. Let there be the feeling that both are in one body and not two separate persons interacting. It is not an imaginary companion that you will have. It is a real, true and perhaps your only friend that you will be blessed enough to have. Whatever you wish for, your hopes and aspirations ask of this beloved friend. This process and practice will increase your devotion and love for Him to such an extent that He will perforce become a living reality for you. You will so bind Him to you with these silken and enticing bonds of love that He will be unable to resist nor desire to withstand.

To see God, to acquire His response, to capture His love, to secure the golden key to His heart and gain entry therein there must be an acute, passionate, consuming desire; an overwhelming desire that sweeps all before it. God cannot be treated as a side issue of secondary importance. A response from Him will only occur, be received when the yearning is incredibly intense, even painful. When being parted from Him is an agony that cannot be borne any longer. If you place Him first then He also places your wishes at the top of His list and thereby you receive everything. Alter the priorities of God and desires around and it is entirely up to your past merits as to what you receive or suffer. You are not then entitled to that total complete protection that He offers, that is yours for the asking unconditionally. You will only receive if you will seek Him first.

Develop your own love of God and do not evaluate or emulate others for love emerges only from the heart and not from observing others. If you have love for Him the Lord Himself will play with you and become your eternal companion. Loving the Lord is a divine romance. There is only one romance worth the while to be enacted. experienced and enjoyed; only one romance that guarantees bliss and always keeps its sweet promises. All other worldly loves and romances give only pain

and sorrow for they are based on a conditional love, a demanding obsession or desiring love. Love with and for God and His love for us is totally and completely unconditional. The divine romance is the most exquisite of all. This profound love will be stamped with the hallmark of supreme total and complete attachment to Him. See Him, the one you love, in everyone around you. It becomes a simple task; look them in the eye and see the form of your beloved Lord. Within repeat the mantra 'I love you, I love you, I love you, I love you' every waking moment and witness the miracle that transpires. This is one of the ways to please God, to attain Him. Once you use the mantra 'I love you' you will observe how incredibly harmonious and beautiful the world becomes for you. How exquisite and full of priceless joy is every moment. How deep the happiness expands and over flows in your heart. There is no time for worry, fear, anger, or jealousy. All the vices and negativity will flee before the highest mantra of love. There will be no room left for these things in your heart. Merely repeat the mantra until it creates the love within your heart, until tears gleam and fall like diamonds in longing of Him. Say I love you to the people you see every day, the woman in the street, the stressed mother with her children. I love you to the beggar. I love you to the caretaker, the school children, the baker, the shopkeeper and the executive; that is all that is needed. Repeat it until it becomes a living reality within you. And a visible transformation will take place, not only within you but all around you and in the people you come into contact with. Your aura, your positive love will enter into these people and will have an impact upon their lives also.The 'I love you' mantra is more powerful than any other force in the world. That is not to say He is an egoistic being demanding love, devotion and servitude. Quite the contrary, what He seeks is not bowing and scraping, the creeping and pandering or prostrations but the sharing of love on an equal footing, as equals, as shareholders in His power.

Love for God is not complete, is not fully of the highest until there is no distinction between lover and beloved. There should be no curtain, not even the finest of veils to part you; no barriers nothing. There must be a total at onement for that love to be complete. For then it becomes

love that is poured from one vessel to another. It is exchanged and in that exchange it grows ever more from the devotee to the Lord, from the Lord to the devotee. Backwards and forwards, forwards and backwards and each time it becomes more and more fervent and intense until it reaches the highest state of devotion, sheer ecstasy. It may cause temporary unhappiness leaving you dejected and sorrowful but your longing and yearning will all the more ensure a flood of grace showers. Such grace that you have never imagined. Such grace as you have never thought could exist. The more you yearn the more this wonderful profusion of grace will stream and descend upon you. Eventually you will find that even the communication and the connection are insufficient and that you need more, more from the Lord, more closeness and cherished intimacy. The only solution to wanting Him is to yearn, desire, long and wait until you are ready to receive what you desire. Do not allow anything to deter you in your resolve to reach the goal. For it is only through this suffering (longing and yearning for Him) and tears is purity attained, purity enough to attract His love.

Through inner silence learn to tune to God's voice. The distance between you and Him is the distance between you and yourself. Be attached under all conditions to the source, substance and sum total of all power. The power of the Lord for then you can draw from that source all that you may need. This attachment is called devotion, it is called love of God. Loving the Lord is meditation. It is the highest form of meditation. Just being immersed in thoughts of Him that is true meditation. Conversing with Him is true prayer. It is the only real prayer. Real meditation is being absorbed in the thought of God all the time, God only and only God. Think God, breathe God, see God, hear God, live God and love God. The Lord is understood only by His devotee and the devotee is understood only by the Lord. This is the mystical connection between the two. The desire to know God, love God and be loved by God is not a desire that binds, it is the one desire that frees you from all other attachments, from all other binding forces. It sets you free forever.

Be content with the relationship you have with His presence. Yearn and want but do not allow discontent, unhappiness, sadness or depression to mar your life. When one is unhappy and distressed how can the Lord be happy? One must be constantly aware of His thoughts and feelings. Of how He feels and what He wants. If you suffer He also suffers. If you are joyful and blissful so is He. He is a shareholder in all your feelings and emotions, all your trials and tribulations, your joys and sorrows.

Love alone is enough. With love one can win God and that is all that is necessary. There is no need to read great philosophical thesis on the philosophy of attaining God. All that is necessary is an all consuming love, a little faith and He can be captured and bound to you. The philosophical treatises demarking the scientific theories are for the intellectually driven, for those seeking knowledge of God, those fascinated by facts and who like to analyse, deduce and conclude to their own satisfaction. The seeker of knowledge asks how and why, the lover needs to know nothing; his primary concern being that his love is returned; that it is worthy of being accepted by the Lord and that it gives pleasure to the beloved. When you have the Lord as your companion, have compassion for all those poor souls that do not and cannot understand that they can have the Lord with them personally intimately, close near and dear. They flounder in their daily decisions wondering if they have made the correct choices. They do not have anybody to help them directly, to tell them what to do, how to avoid terrible consequences. This is a delight, a joy that only the lover of God is blessed with. Companionship of the lord is one of the greatest gifts that exists in the entirety of creation. Our sojourn on this earth is for this one and only purpose. And once that companionship is ours there is no higher mountain to climb, no heaven left to attain.

There is a great difference between ego, the presumption of His will and the positive force which is very powerful. You want something

from the Lord? You ask the Lord. You do not presume upon Him but you ask out of your love and undeniably He will give it to you. He will always give. One must never entertain the presumption that He must give. There must not be any expectation. Ask out of your hearts love or need. Generally speaking God provides anyway. He takes care of your environment, life and home down to the minutest details. Not that He should give or that you should expect. If only you will spend your time with Him and love Him.

One cannot use the excuse that problems, worries and insecurities hinder one from being with the Lord. One constantly finds the excuse that once I have mastered and overcome this hurdle, once I have achieved this I will apply myself to the spiritual path. Of course the problems and difficulties never come to an end. That is life. There can never be an end to them. Once one dies another rises. When one is put to rest another takes its place just like desires. However, there is one way of destroying all troubles forever and that is to follow the spiritual path. Make a serious attempt, persist steadfastly and ever ardently to win the Lord. Problems will always be there but so long as you have this love for the Lord, so long as you have this connection with Him then He Himself will solve all problems leaving you in bliss at His compassion and incredible love. That very connection with Him is the route by which He can enter and cover over the potholes and remove the boulders in your life.

Anger comes and goes. Jealousy comes and goes. Envy comes and eventually goes but love remains forever, such is its power. Love is its own landmark, its own measure, its own case it does not have any comparison, no match. When you give your heart to the Lord. When you give your soul into His keeping. When you return to Him the love that He blessed you with on the day you were born. He Himself will provide everything for you. He will fulfil all your desires, wishes and dreams. Without your having to ask He will provide and He will delight

in the giving. All your problems will disperse like so much mist under the understanding that all situations are in His power. He pulls the strings. He controls all souls and all possibilities. All we have to do is surrender and love, try and attain.

At times the lover of God has no wish to know about the divine, the Lordly and awe inspiring aspect of His. The larger universal Lord seems so remote, regal and stately so without love, impersonal, above and beyond us that it is impossible to relate to Him. Hence, one would choose to remain ignorant of His true divine state, preferring to live in love of the limited form one is familiar with. Until such time as one attains His state it is naturally quite fearful, humbling and awe inspiring. The Lord will say that He is not only the largest amongst the largest but He is also the smallest and minutest, the macrocosm and the microcosm. The Lord does not seek gratitude nor praise for He says I do not wish you to place Me on a pedestal and worship Me. You do not feel indebted to your parents or your closest, those you love. So why feel obligated to the Lord or praise Him. Gratitude is for those separate from you, for those outside you. He is not outside He is in you, part of your soul. All He seeks is love. To be loved and to have the opportunity to love. He is only bound by duty and love. Your love will bind Him in silken, golden chains. Your love will draw Him to you. Your love will elicit His response to you.

If ever you find Him. If ever He becomes yours then at some error if He leaves you, you will find that fear apprehension, gloom, dark depression without cause will surround you, envelop you. You will find that your distance from Him, even a temporary separation, will bring in its wake an inevitable and veritable earthquake. For without the Lord everything is chaos. Everything that can go awry will without fail. For joy and light is His nature and form. Wherever He goes He carries it before Him. His absence is the opposite. When this time of darkness comes you will realise and appreciate your time with Him and

understand, otherwise you will take the precious time with Him for granted. This is called the dark night of the soul and the Lord may leave but He will always return. He will always be there. He can never truly walk out and leave you. It is not in His nature to do this, for His compassion is vaster than we can ever imagine. His love is more infinite and expanding than we can ever realise. We are a fraction, a tiny minute particle of what He is yet we love our relatives, families, friends and people who journey with us. Expand that love a billion, times and still it is nowhere near or close to His love. At such times you must persevere and call on Him, yearn for Him. Without fail He will return. Once your connection with Him is established then He creates harmony and all the chaos falls into order. There is no chaos in the universe. God did not create chaos, He creates only order and love. That is His nature. All loving, all encompassing, all compassionate, all merciful and all forgiving. Far from the view that some people hold, or some religions hold, far from being a demanding and strict God of hell fire and brimstone or threatening God like some preachers would have us believe; far from being a dictatorial Lord seated on His high throne issuing orders to all and sundry. In fact He is more closest, nearest and dearest than one can ever imagine. And if there is any distance between you and Him it is a distance that you have created or unknowingly posited and allowed to happen through guilt, anger and feelings of frustration. Only we can create the barrier between us and the Lord. The Lord is ever free, ever waiting, ever there for us.

In love there is no giver and no receiver. Only through this love of loving God will you find contentment and fulfilment that is everlasting and true forever. This comes from the Lord alone. Happiness is love and joy. It is what we seek through wealth, relationships and acquisitions. In life we seek wealth to be happy but the sheer delight that comes, that bliss which originates from the smile which dawns when the Lord loves you and you love the Lord that has to be experienced. To experience unity with divinity the right royal path is the path of love. One has to develop this principle of love, this duty to love, this obligation to love: to love the Lord and through loving Him love all others.

To attain the key, the golden key to the Lords heart one must exercise discipline in love. Someone once said you cannot just walk into Gods heart but the truth is if you have unconditional love you can walk into Gods heart. It is not difficult. He is eagerly anticipating for us to approach Him. He is waiting for us to come to Him. He is expecting us to tell Him that we love Him. He is expectantly awaiting our call but we are lagging behind as we dawdle and plod, creep and crawl leisurely taking our time. So our learning processes are drawn out and only one in hundreds of thousands reaches that stage where love for God is unconditional. Only a few place Him first above all others and in doing so gain His love. Only a handful of people in any one age succeed to win the love of God. Perhaps in this age, as it is more congenial, perhaps more people will acquire this love for Him and glory in that love.

When one acquires this love for God then one is ever loving and peaceful placing the needs of others before oneself. Then God will dance in our hands like a puppet and will delight in our company. Follow in the Lords footsteps; we must follow for our own good. Do we have the burning passion in our hearts to elicit a response from Him? Do we have that devotion or determination to win His love? How can He come to us? How can He respond without the force of love?

When one lives in the presence of the Lord danger and all evil remains at a distance. Whilst He is with one nothing can harm and no evil can encroach or approach one; both actual or imagined. However, once one leaves His presence and enters the world at large that is when these awful possibilities and terrors imagined and real affect us, swamping and ruining our lives, causing destruction and distress. It is only when we live our lives without God that life becomes inharmonious.

The divine in form, His glory is resplendent and can never be fully expressed or told. Once He takes up residence in the heart His miracles

will confound, amaze, instruct, enliven and glorify your life. He will work through you using you as a puppet His works to accomplish. Indeed life is valueless when compared with His love and His intimate play. And this love is such, this bond so strong, of sweetness incomparable. Even were you to discover this mischievous Lord to be a thief, a common vagabond, an ancient elderly man, a fraud or worse still the love for Him would remain unchanged. It would not concern you a whit what He shows Himself to be because to you He is and will ever be your divine beloved. Never can you leave Him. For Him you will give up your very self for He is the all in all, the nearest and dearest the only one for you. To taste the nectar of this divine love the divine form is needed.

Only He could ever satisfy the longing, yearning and parched thirst that attacks your heart. It is a longing and desire far above the body, far above the desire of man for woman, a much refined other worldly desire. Only the shower of the cooling rays of love from Him could ever quench the hearts desire of longing for Him. And only your love, your intense one pointed concentrated emotion filled love can ever satisfy this Lord of hearts, this Lord of divine romances. Yes, He romances all souls. Some will respond yet others will ignore the call of the dance of love and many more will be unaware of any invitation to this divine love affair with God. Blessed are those that fall head over heels in love with this master flirt, this darling adorable sweet enchanting enticing God who controls the entirety of creation and yet seeks our love. A love that is freely offered, freely shared and is totally priceless. This is the food He feeds on. It is creation in motion and keeps God joyous, enlivened and happy. It is His only prize, all that He seeks. Instead of being entranced by His creation fall in love with the creator. Seek Him out and bind Him to you and never release Him from your heart. Become lovers in the true sense, not in the physical sense, and you will never again want the common lowly emotion we call love. For it is but a fraction, a minute particle compared to the glory, majesty and the sheer creativity of the dance of His love. For it is infinite in its variety, captivating in its simplicity and innocence.

Love Him with all your heart. Give Him an innocent pure love and He will surely open the doors to His heart. Indulge in the intimate ultimate in love affairs par excellence with the creator and be blessed with supreme bliss. Never again will you seek the paltry pleasures of this world we call reality. Again and again you will yearn for the ecstasy only His love can fill you with, and even though at times this prankster of a Lord may shatter your heart into a thousand pieces still your love for Him will remain unaltered. Rather it will become all the more passionate in its intensity and undoubtedly He will relent His game of hide and seek and confer His grace in an immeasurable force filling your entire being with blissful beatitude. Even though He may deny you access to Himself, to His heart still your love for Him will increase, swell and multiply, burgeoning until it becomes unbearable. He will fill you with bliss until it is not even bearable, so much will He give. Divine love only gives and never takes. The liquid of love is poured from one heart to the other in ever increasing amounts until it overflows into the entire being and you are saturated with divine ecstasy. This is no calm placid love of contentment but a raging fire that reaches the heights of the heavens and at times, when the beloved mischievously denies His presence, it plumbs the depths of despair.

To love the Lord is to delight in His play His enchanting exploits. To love Him means not being able to live without His divine presence for even a moment. A second away from Him is an eternity. The radiance vanishes from life in His absence. He will set your heart on fire with longing and yearning and then play hide and seek. It is a thoroughly mischievous child that the Lord is. God is utterly and completely mad when it comes to love and He makes those who love Him mad also. He will do anything without regard for right or wrong simply to please those who love Him to distraction. He is so utterly entrancing that the lover of God would part with His very life in pursuance of the divine beloved. What an immensely pure, refreshingly delightful love affair it is between God and His own. When the Lords heart is secured then the world is filled with millions of stardust particles glowing and illuminating life’s arena with joyous bliss and love. Life’s journey

becomes a dance of love. A dance as passionate and fervent as it is cooling and calming. Finally there is rest in silent companionship, in loving quietude minds and hearts melded into one forever until another life, another dance and rapturous love affair begins again.

Worship your Lord today and call out His name with joy and love. Every minute of every day you are reborn, are granted this unique opportunity. His goodness, love, mercy and compassion are unlimited and His care of you is ever lasting. He loves you for He knows who you truly are. Let your heart cry out for Him every second of the day. Let your heart yearn for Him. Let every breath be dedicated to Him. Celebrate the birth of divine love in your heart and life. He asks nothing more of you but love. Surrender yourself to Him and love Him with your entire being. Live for Him and He will soon welcome you into His secret place of the heart. Love is the final threshold before entering His kingdom. Give to Him your love that He may give you everything.

Learn to love God with all your heart, with all your soul, all your mind and with all your strength. Give yourself over to Him entirely. Love Him until there is no other, until there is no two and there is only one. Seek union with the divine and you will be truly blessed. To love Him one has to be joyous. If one is not happy it is because you have strayed on another path. Happiness is God. True happiness is union with God. Truw happiness is to be found only in loving God. God is bliss incarnate. Only when you match His bliss and His love can you become one with Him. When the heart is overflowing with intense bliss, with fervent love for God one can move mountains and can create any miracle, as the mystical magical powers are yours. Once you love God and God loves you the doors to the universe, to creation, preservation and destruction open and you become a shareholder in His power.

If you love Him He will respond to your every wish, every whim, even the unspoken wishes and desires; the minor inconsequential wants concealed in the recesses of your subconscious which even you are unaware of. For nothing is hidden from Him. He knows you better than you know yourself. He is ever by your side, your closest companion in your heart. It is the most incredible experience to know God and to be one with God: to be in love with God and to receive His love. There is nothing to compare with it in the entire universe. Once you know Him you know all there is to be known and there will be nothing beyond, nothing left to be known. Once you have Him there is nothing left to want or need. Once you are His and He is yours duality ceases and unity is established. Love envelops your every thought, word and deed, envelops your entire world. It encapsulates you in a protective field through which none can penetrate to harm you.

If once having held on to Him, hold on until He responds. Having desired something keep asking until your prayers are answered, until you succeed. Having made a firm resolution be determined for He is waiting a few steps ahead to crown you with His love. He will test so that He can give but He will never desert or cause pain. Love Him to distraction and do not leave go until He showers His love, grace and mercy. Do not swerve in your resolve until you attain it. If you have that firm determination and love then there is nothing that cannot be achieved. Love is always in action in an incomparable manner. Love and God are soft like ice cream. He is cool like ice cream. He is sweet like ice cream and like ice cream He gives joy.

The one who offers such love to Him is indeed blessed a thousand fold. The one who becomes His beloved lives eternally by His side through the eons. Oh the joy of being the Lords beloved is indescribable. The sweetness that He bestows, the bliss of His eternal company can never be measured nor described for He is the very form of exquisite sweetness. Kindle this love within your heart and fan those flames with

the fan of detachment from the world and attachment to Him. Burn in that fire all your desires and emerge from the flames purified, a fitting beloved for the Lord of Lords. When God descends on earth He is the very embodiment of love, nectarine honey oozes from every pore of His divine form. His sweet words are like candy. How to describe His captivating ways? His enchanting adorable mannerisms. All hearts are captured and are forever given into His keeping. To call Him a heart stealer is an understatement. He steals not only the heart but the mind, body and the very soul itself until nothing is left but emptiness, nothing but a hollow shell that exists for Him alone. This form will have no I, me, you, wants, desires, likes or dislikes, nothing but Him. Indeed that very form becomes Him. Such is what love for God is. Such is how God wishes to be loved.

Become His and you will attain everything. Belong to the world you gain only sorrows and fleeting paltry pleasures and ultimately lose everything. Yearn to lose yourself in Him and become His forever. Accomplish and unveil the greatest kept secret of all eternity. Desire only to be filled with love for Him. Live only for Him and miracles abound. To know God, see God, attain God and to serve God is a science of its own. Constant thinking of the Lord must be steady, unflinching and unfailing and you will have the key to His heart.

The more you love Him the clearer will become the vision that He is installed in every single person, every entity. So magnify your love, expand it beyond your horizons, beyond any borders and boundaries that you may have established. Pull down the barriers and grow love everywhere and truly the Lord will come and reside in your heart forever. For when you love and your love matches His, He cannot but come to you.

The yoga of love is true yoga. Live in harmony with all mankind. That is all the yoga you will ever need to do. In Him you will find complete bliss in His love and in your love for Him. When your love meets His love even creation comes to a standstill, is motionless and bows in reverence. This is perfection. There is nothing left to do, nothing left to desire or demand, nothing to achieve, no inclinations or aspirations for they all merge in Him and there is only sheer delight and bliss.

We often say that we spend our time calling on the Lord and that though He is very sweet He does not respond nor does He manifest in any way. One has to think of how He feels when you behave in the same manner. How many centuries has He had to wait for us, for you and me? Yet when we have to wait there is so much impatience? When He is calling and waiting eagerly anticipating the reunion with His children but we are far too preoccupied with our own affairs to give any thought to the Lord? We must understand that to win the Lords heart it is going to take concerted and sincere effort to win His love.

The Lord is the ocean of love, the source of all joy. He only ever showers love. We must envision and realise the God within. We must have the confidence and courage to face worldly problems without fear. Hands should be in society but the heart should be with God. Think about people with unconditional love. Love for loves sake- each one lives for the other and all live for God. Only through this can one derive bliss, heart to heart, love to love has to be experienced and only then will the selflessness of God be understood. The Lord multiplies His form and His love to satisfy each and every one of us.

Relationship with God

One has to take this process step by step because a relationship, any relationship and more importantly this particular relationship does not develop over night. It is neither developed instantly nor are there no misgivings. Despite the encouragement that He gives it is a long process and takes time to be able to trust Him, to be able to learn to love Him, to develop faith in Him and to be with Him. If one adheres to the path it will eventually lead to divine visions and the actual manifestation of the divine before you in the flesh. According to your leanings He will either become a companion, friend, teacher or beloved close love until such time as you are ready for the ultimate illumination of mind and soul – total realisation. When you achieve the ability to view all forms as His, knowledge of the future, the secrets of creation will be revealed to you. You will in effect become God yourself. At that stage there is no distinction between the devotee and His Lord.

We may say that we love God but is it possible for us to understand, and to appreciate the pain that God also feels at His separation from us, from those who love Him. Can you imagine Him telling you 'You tell me that you love me and that your yearning and devotion is strong and that you feel agony at My distance but I equally feel similar pain and

longing to see you too. This is how we become closer and closer to each other, the positive and the negative current both. Your yearning for Me, your loving on it's own cannot accomplish it. It has to be both ways for only then do miracles occur'. And to achieve this, it can be accomplished through meditation, through silence without thoughts. He will speak to you and tell you of His longing while He listens and quenches your aspirations for Him.

The Lord has said, 'Those of you who see me as God, who place me on a pedestal as a divine manifestation, as the ultimate reality, as the creator of the universe for them I am God. But to those who see me as a friend, a beloved and dearest, to those who love utterly; they are one with Me in every way. I am their beloved, their companion and their friend and they are equal to Me. There is no difference, no higher or lower, no status – we are one'. Does He mind being one? Does He mind descending from His high estate to be with persons such as you and I? No! He does it out of His boundless love, out of the ocean of love that He is, His unfathomable love.

His anger is merely a corrective measure for He has NO anger or hatred as He is totally unaffected. He is completely loving in spite of His reprimands. Always remember that it is you who determines how quickly, how efficiently and swiftly the relationship develops between you and Him. Your love and the depth and extent of your desperation decides, or whether you pose barriers between the two of you. Your own beliefs and understanding of how God is and how you expect Him to respond, governs His response to you. So you alone are the cause of any curtains, barriers, partitions or hindrances that happen to arise between you: He will merely follow your lead. He will respond as you expect and believe. You lay down the rules and regulations of the relationship. The direction and how it will develop and how it will be determined to continue. Everything lies in your own hands. As one thinks of God so He responds. If you view God as your nearest and dearest

and your closest and you do not see Him as a distant deity, someone to fear then that is exactly how He will respond. On the other hand if you harbour reservations in your heart then He cannot manifest, He will not override your beliefs. So, be wary of the beliefs you entertain and hold and what you expect because it will be the deciding factor of the type of relationship you create.

Your aim and goal in life must be to succeed in giving joy to the Lord, to give to Him and your reward should be that He is delighted, that He should be pleased and that you triumph in capturing His heart. In such relationships words are inadequate. Something that you create, something that you attempt, something that you try to be for Him alone; when it finds favour in His eyes that is when bliss begins. Each act, each word you use, each time you speak, every thought you think, you must choose solely for Him.

One of the secrets of this path is never to discuss what one is practising and the type of austerities one engages in. The rituals, path and practices one has chosen; never relate them to anyone. They are your personal private intimacies with the Lord. Do a husband and wife discuss their intimate relationship in public? Do they talk about their private life to others? No, that is something that is kept just between the two of them. And so it should be between you and the Lord. For envy lurks in unexpected places and it harms the person all. Spirituality and the path of love is a personal secret. No one else need know about your love, no one else needs to be aware of your love. Until there is no distinction between giver and taker and both merge as one, you in the Lord and the Lord in you. Otherwise the grace so earned can be diminished or destroyed. Especially when it is discussed with those who have no knowledge of such things, who have no concept and therefore attach no value to the Lord. Whether you pray, whether you meditate on the Lord or whether you have just a heart full of love for Him. Whatever it is keep it locked in your heart. Do not be displaying your

merchandise, your gifts of grace to all and sundry. It is unseemly. Everything you discuss, everything you know, all you do together, everything you are doing to acquire Him, keep it to yourself. By advertising you will lose all that you have gained and it will take longer to traverse this path. By secreting it in your heart of hearts the Lord Himself will become convinced of your sincerity, of your love for Him, longing for Him and He will manifest all the sooner.

Once He is yours and you are His, your preferences, joys, bliss, happiness and your wishes will be His also. Just as you will desire to make the Lord happy, to give Him of yourself, your heart, soul, mind, body, life and your future so will He desire to do the same for you. A complete oneness, an intimacy that does not exist even between husband and wife.

The depth and breadth of love that is available to us with Him is not present in human relationships. The incredible depth of feeling, expanse of joy, intensity of bliss, it can never be attained except with God. Therefore the profundity of the relationship is on a much higher, supreme footing than any other relationship in existence. The closest that one can compare it to is a mothers love for her child, for her new born babe, and that is merely similar but can never equal God’s love.

Seek Him Within

In the entirety of creation we have but one area in which we have total and complete free will and that is whether we choose to turn to God or not. That is our sole choice in life. The Lord, whose creation we are, can turn dust into gold, rocks into diamonds, the one who can turn the sky into earth and the earth into sky will not impose on this freedom which He has bestowed upon mankind. He cannot turn a single heart towards Himself. Only if we take one step towards Him will He take ten steps towards us. Turn to the world and He will leave you alone to your devices to live life after life, to experience death after death until you finally weary of the world and seek Him. Turn to Him and He is yours.

Most of us when we interact with the world outside, unknowingly we close our hearts and shut out the Lord. This door is one that only we can open. He will not open this door. He will not guide you towards the threshold even. It is an inner urge that must emerge from you. It is a response that you must seek, must aspire for and be inclined towards. It is something that you must initiate. God will not force you to seek Him. He will not enforce you to yearn for Him. He will not prevail upon you to desire or need Him. He will not control this aspect. You are completely free to make your own choice. It is entirely the one and only department

in which man has irrevocable free will. But once you take the first step, He will guide, He will be with you, He will take your hand and lead you along. It is like a child taking it's first steps. No matter how difficult the mother cannot take those steps for the child. Similarly only you can coordinate this, you can acquire the knowledge and only you can experience and act worldly while being immersed internally in Him. It comes with practice, and it will depend on how much effort is made, how sincere you are.

We talk about the key to God's heart but what does the key to God's heart mean. It means that when you open that door and you enter in He also enters into your heart and therein begins divine communication, a divine telephone line and you are graced with the ability to discuss with Him anything that you may wish or He wishes to with you. Through this wonderful link He will guide and guard you in every aspect of your life. This actually happens in stages. Initially there has to be longing and the yearning for God and He will then bestow the grace. Once the actual experiences in the heart begin the rapture of playing with and being companion to God will bring an indescribable joy and bliss. The relationship will then develop by itself to the highest level. He will guide and nurture it as it goes through various stages.

How to distinguish this voice? Where there are many voices you can call it conscious but not conscience. Conscious relates to the little self. It deals with the mind. In the mind there will be many voices and differences but conscience is always one. It is unchanging. All the various phenomena, everything pertaining to the world can be called conscious. The supreme spirit, highest awareness is pure consciousness. Out of pure consciousness comes conscience that is the voice of truth inside. And conscience is a spark of the divine. On this path to win Gods love we go from the worldly level to the divine that is in our own hearts and then to the ultimate reality. _____

The conscience, or inner voice is a very definite and practical device within each of us that will bring us quickly to our divinity: This inner voice is the voice of God Himself. This voice will give us definite directions in dealing with all aspects of our worldly lives, and will transform us, through our lives, that we may at last become God. Even beyond directing our daily affairs through right action, this inner voice speaks to us of our innate divinity. It supplies us with a deep flow of peace and contentment, and a knowing beyond words. It comforts us in our times of strife, and quickly puts us back on the proper road, whenever we deviate from the path. And when we follow its guidance without hesitation, not only are our lives transformed, but also the lives of those around us. The inner voice is more than something to be turned to when things get rough. It should become our closest of friend, one whom we listen to always. This inner voice is the voice of God within each of us. To be in constant touch with it, is like having a continual interview with God. However, each of us must find this inner voice within ourselves, for God speaks to each of us directly. This is the inner mystical conversation between the over soul and the individual soul. Only when we allow God to manifest within us and make use of us as an instrument can this take place.

The means for us to reach God varies from person to person based upon the individual. However, the destination is the same for all. Thus, taking advice from another's inner guidance can bring about the dreadful mistake of confusing their means for ours. This is why God only communicates with each of us directly, not through a third party. There is an important obviousness in why we should each learn to follow our inner voice. Learning to listen to this inner voice gives us the individual direction that is needed in our own process of becoming God. Plus, the inner voice is always with us. We can rest confident and secure, knowing that God is prompting our every move. Learning to hear the inner voice takes effort, and many wonder if they truly are hearing the inner voice, or just voices based on thoughts or emotions. When the inner voice directs, there is no question or uncertainty about it. The guidance is direct. It is definite. If we are perfectly honest, each of us knows what

we should do. All have had the experience of following 'another' voice, having disastrous results, and saying in the end, 'I really knew I was doing the wrong thing, but I didn't want to believe it'. Herein lies the main problem for hearing the inner voice: our own desires. In truth, the inner voice is always giving us guidance, most of the time our own desires are what keep us from listening. When we have desires, we take our life along the path that will fulfil those desires. If the inner voice is giving us a direction that won't fulfil our desires then we will not choose to listen to it, and will even go as far as projecting this on God by saying the inner voice never guides me. So, the first step to hearing the inner voice, is removing desires. The second problem is judgement. Oftentimes, we will prejudge a situation in our lives, deciding in advance the direction the situation should take. If the inner voice prompts a different direction, again we will not choose to listen to it. So, the fundamental problem is not that the inner voice isn't guiding us, but that we don't value the inner voice enough to listen to it because we are afraid that it contradicts our own judgements and desires.

It is not hearing the inner voice, but learning to value it that is our greatest challenge. For when we value it, we are willing to hear it, thus we have taken another step towards God, and He in turn can take ten steps towards us by helping us to hear it. Unfortunately, most of us only learn to value the inner voice after experiencing the pain of following 'other voices'. The only way to save ourselves from this needless process, is to live in the full faith that God is the only One who knows the play well enough to direct it. By knowing this, we can follow His voice prompting our moves and our lines, leading us into Him, giving us the glorious experience of becoming God.

How do you establish this communication, this inner guidance with Him? How to decide when to lay the foundations of the connection? The best time is first thing in the morning. The early hours of the morning when everything is quiet and calm. When the mind is yet half asleep

and the body is not fully awake to its surroundings and the senses are still dormant. When you are floating in the land between sleep and wakefulness. This is the time to concentrate. This is the time to attempt again and again until you receive an answer from Him. If you make this attempt continuously for twenty-four hours do you think He will not respond? Of course He will respond. It is His nature to respond. How can He resist such a call? If someone were to do this and call on us in such a manner would we not feel obliged to respond? The Lord is no less than us, in fact much more than us. Your love, your call would pull Him irresistibly to you; would make Him come to you. But how many of us are prepared to expend twenty-four hours in this manner? We have far too many concerns and worldly obligations and duties to engage in this activity. Once the link is established early in the morning it will remain throughout the day. Try and you will experience the truth of this statement for yourself. Remember the Lord is ever present wherever you are, at all times, in all places, in every cell of your form, in every person, in every manifestation of His creation.

When you call the Lord with your mind alone you will not receive a response. The yearning must emerge from the heart, visualise Him in the heart. When you begin to do this, He will always come. Then there is no question of His not being present with you. In time it will become an automatic process. Even when you are conversing with someone or are engaged with your daily tasks visualise the lord, or your favourite form in the heart. Speak to that form, love that form and that form will respond. It cannot do otherwise but respond. Soon you will find that He will give you guidance in myriad forms far too numerous to elaborate on, tell or talk about; dreams, visions, letters, feathers, through books, songs, inner guidance, notions, thoughts, ideas and coincidences, which one never expects, are but a few. His direct subtle presence felt and sensed only by you. The Lord has as many ways as there are drops of rain. Once that guidance is given you are beholden to follow the instructions. You must follow the instructions or dictates the Lord lays down for you if you wish the link to continue. For unless you do so no further guidance will be forthcoming. The Lord only advises for your

benefit, your progress. He has no selfish motives. There is not an ounce of self interest in God. He is completely sacrificing though He does not call it sacrifice – He calls it an offering on the altar of love.

If there is purity of heart and love for God then thoughts, the correct thoughts arise of their own accord. These thoughts strike a cord in the hearts of children and adults alike. They instantly enter the hearts of those you are addressing. This is called the magic of pure love. Only if you have this purity and love are your thoughts pure. This power is the power of good intention and love coupled with divine will. This is God speaking with God: the mysterious communication of heart to heart, soul to soul.

God is always considerate and loving. You will see the result of the hours, days, weeks, months and years of yearning and tears of your aspirations to be with Him. He will shower you with His grace. It is beautiful and unique. Your own communication with Him, your very own divine connection and link, the inner voice that will guide you throughout your life: more stupendous than anything you can imagine. That time will find a glorious culmination, Him for you. Can you imagine a personal, private Lord, yours and yours alone? He will instruct, guide, advise, love you, be friend and companion. Your very own magical genii who gives you the answer to all your problems. Who watches over you and guards you. Your personal guardian angel!!! What more could anyone want? And this accumulated grace is as a cascade of nectar. How to ensure that it never ends? How to ensure that this wonderful grace, showers of bliss, of gold and diamonds of His presence never leaves you? Simply by cultivating more and more love for Him. Devotion, service and faith, hand in hand.

Never doubt the Lord: never doubt the inner communication and

visions. Cultivate perfect one hundred percent faith in Him. Believe what He has said will be and it will be. Once the seeds of doubt are sown they rapidly flourish and strangle the tender plant of faith and you may be deluded that all this, His love, advice and comfort are perhaps the result of an over active imagination. This can destroy all that has been built. It can destroy the bridges of communication forged so daringly between you and Him. Fortunately for us the Lord is always aware of this and He always provides His attention through someone or directly Himself. You will realise and be given positive proof that His words are genuine and His communication with you is a reality. His love for you is authentic. What could be greater; to sit by the side of God. To have God as your nearest and dearest. To know that God loves you. We all love God but to know, to be aware and to share and experience His love – nothing could compare with it. This is the only purpose of human existence, the sole purpose of life.

When the voice, the divine connection manifests one must learn to trust His judgement and follow His instructions. Just as we expect our children to follow our directions we must follow His instructions. Then and only then can everything be yours. Everything you want, you wish for and all you need. There are so few persons who love Him totally, completely, intimately and personally. It is that love He seeks, is in quest of and forever searches for. If ever you feel sad and depressed think of the affect of your absence on Him. How lonely He is without you. He will give grace and He will come to you according to your thoughts and beliefs, according to what you can accept and what you desire. Some things are beyond even His power, for He will not violate His own laws. One of these laws is not to go against the trend of thoughts and beliefs we hold. Yearn have faith and wait and He will surely come.

While the tongue wags the still small voice of God cannot be heard. While you speak how can you hear the inner voice? If your mouth is constantly engaged and your mind runs on wheels how can

you hear the voice speaking to you? Learn to enjoy the silence and peace, the stillness, the miracle of no sound with sound in God. In fact that very stillness has its own unique sound. Learn to value silence. Silence is golden. Be at peace with yourself and find the peace of God. Dare to dwell and live in the secret place in the heart. All God's gems of rare price can only be brought with silence and action, silence within and the action of service. On this path you will find messages and answers coming to you from every source. God uses every method to teach. He will use any, absolutely any method to communicate with you, to show you His love, to manifest His love. He can formulate any missive for your consolation through your trials and tribulations of worldly affairs. You must never allow the communication to fall into abeyance or disuse. You will find that regardless of the knowledge that you should be linked to Him at all times, the connection will suffer an instant disconnection as soon as outer events take precedence.

As you come to accept and trust in His words and presence life will be lived more in the heart with Him than in the outer world but your hands will be occupied and engaged in service to Him in every form around you. With His work will you be busy. To acquire the link, to acquire the key to His heart time is needed. Time with Him to fathom the skills of this secret communication, to forge the link secure and unshakeable and to help you cope in your life with Him and the world. Much time will be necessary that you will have to spend alone in solitary. Hours and days with Him in silence, contacting the Lord until He responds. But once He responds, the shower of grace, the rain of heavenly sweetness never ends. That is a promise from Him. Once you live in His home, His heart, once the golden key is in your possession, once you are privileged to have access to the Lord's will, to His abode, to the Lord's storehouse then He is your one and only insurance against the vagaries of this reality we live in. You will not require any other bolster when He is there to guide, guard and protect. He will live with you, love and take care of you.

One of the most important points to remember is that your concentration must be one pointed on the feeling, visualising Him in the heart. Decide on a path, choose a route whereby after being guided by Him you adhere to one strict regime for many years. One should not make constant changes in one's approach to God by observing what others are engaged in or what may appear right in accordance with ones whims and fancies. Such instability and haphazard practice cannot give the desired results. In the case of the average person like you and I it is detrimental to change devotion, austerities or paths or even the form of God. Never alter the regime you have chosen, unless advised by the divine Himslef, for it will harm your progress. We ordinary people are of unsteady minds and character. We are blown hither and thither by our predilections and therefore any alteration in practice almost certainly means a new start. It is like digging ten different wells rather than digging ten feet in one place. Dig one well one hundred feet in one place and reach the underground reservoir of water. This is why only one form of God is recommended. Though so many forms exist they are all essentially one. Hence, apply yourself to your chosen regime and reach the waters of God's grace and love. No matter what the practice and for how long or short a time the fruit of it is never lost for it carries over to the next life. Many saints and sages in all cultures and all lands have testified to this.

This love is like a current, a connection, telephone, telegram system, computer connection, modem, or fax directly linked to God's heart. Whenever you wish you may access that key, open the door to His heart, enter in and rest and stay there for as long as you may wish. Soon you will become a part of Him. The more often you do this, the more often you utilise the connection, the more time you spend in His heart and He in yours – unity begins. Slowly the merging of souls begins. Eventually you will never be able to leave His heart nor He yours.

One of the errors on this path the greatest obstacle is the amount of time you spend with Him, or more to the point the lack of time spent with Him. Only the time you while away in His presence will ensure that you make no mistakes because all other faults, mistakes, errors, problems and obstacles arise from this lack of communication, from this lack of connection with God. One must remember that once one is in company one still must not forget the Lord within.. If you practice, if you take to this path of practicing the presence of Him and pursue your regime then you must never forget that He is always with you. Therefore, in spite of other considerations you must be prepared to go within and seek His advice on any situation.

In a relationship with the divine, actually in any relationship that is deep and abiding there is no need to always use the spoken word. At times it is just as well to be silent in each others company. To rest in His love. You must remember that you have to take the step, take the initiative and it is for you to take the Lord back to your world with you. To live in His world, to live in the heart are stages. The aim is to take and integrate Him with you in your world so that you are not separated from Him. There should not be two worlds but only one world, that is our world. Not His world, not your world but OUR world. One must be careful, conscious and aware that familiarity with the Lord does not breed contempt.

There is always a tendency to immerse ourselves in our daily lives and forget the divine connection most of the time. If we could rectify this matter, if we could rectify these minor aberrations how the Lord would love to come and be with us, live with us and abide with us in reality. What a heavenly world this earth would become. To traverse this path, to acquire this love, to realise this divine connection, this telephone line to the Lord concentration is absolutely essential. Complete and total concentration at any time whether one is engaged in work or not, whether one is free or not, the heart must always be tuned towards

the Lord. The mind must be surrendered at His feet. The hands must be occupied within the world in the daily tasks. To have your hands work you do not require your heart or your mind. To all those who surrender at the feet of the Lord, for all those who yield their will and relinquish their ego, for them the Lord takes care of everything right down to the minutest detail. He is there second by second, minute after minute, behind, in front, above, and below, the Lord encircles the devotee in a protective aura so that he never comes to any harm. He corrects all matters in the person's life giving him complete freedom to be immersed in this aspect of pure love. And the love is as if poured from one container to another. From the devotee's heart to the Lord's heart and back again. Thereby increasing in measure as it fulfils and delights both. He will lead, guard and guide you utterly and completely like the eyelids guard the eye. He will never allow any harm to come to you. Your life becomes a ceaseless stream of miracles, showers of love from above. Grace will rain blessedly on the chosen ones. The chosen ones are not special. They are not unique or unapproachable On the contrary they are people like you who have taken up the gauntlet, have desired God. You can become a chosen one, it is your choice. We decide whether to turn to God or away from God. We determine how much time we will allocate to the Lord. All these choices we make ourselves. He does not make them for us.

Happiness is within do not seek it outside, that is delusion. You will have to acquire the knowledge and ability to be with Him whilst engaged in the phenomenal world. If you do not do so how will you spend all the hours of the day with Him? It is not possible. You must make progress on this path in the early stages. God cannot be separated from your life and set aside. He cannot be given half an hour of your time a day or a few hours and the rest of the day you do your work. He must be integrated into your life. Integrated in every action you are engaged in. Integrated in all you do whether you eat, sleep or walk. Remember to wake Him up when you arise in the mornings. Remember to offer Him breakfast before you eat. Remember to take Him with you when you go out and bring Him back home with you. Prepare an

evening meal for Him. Remember to put Him to sleep after a long day. Remember to call on Him when you have problems. This is your imaginary friend who is your one and only real friend. He is more real than the world outside, the reality. What is reality? Is a dream a reality? Is the phenomenal world a reality? Neither is real and both are real. Each is as equally real as the other. The ultimate reality is this 'imaginary' friend and companion, God.

True communion with the divine is when He is made a part of your life and as such involved in it by you. Only then is it true communion with the divine. If you merely call on Him for an hour or so that is like two neighbours living next to each other and meeting sometimes. You visit within for a short while and you leave. This should not be. He must become wholly a part of your life and in becoming part of your life He will give that life a bliss and joy which has never been imagined before, never expected could be possible. This happiness is joy you will never find anywhere else.

We must develop this inner voice, inner relationship. He will be guiding and directing you. The inner Lord will guide you moment by moment in every one of your daily activities so long as you turn to Him. He will be there for you. At times you may not even ask and yet He will provide you His attention. This demands that you must give equal attention to Him. In general we are not prepared to give one hundred percent to the Lord. We are quite prepared to accept one hundred and twenty percent from Him though.

You may not converse with the Lord on a daily basis. You may say you do not have time but within your heart, each beat of the heart, each breath you take must always be only with His name, immersed in Him. Each morsel you consume is for you and Him, for His delight.

Each thought you think is about Him. This does not mean that you cannot go about your daily tasks. Of course you can. You will be surprised to see the incredibility of how the human brain works. An actual task in hand probably only consumes a minute but the brain itself will ramble on along the same by lanes for ten minutes or so. Or should I say the mind forces the brain to continue! Those extra nine minutes you can go back to being immersed in the Lord. Once emerged from Him to attend to the task in hand then dissolve, merge back into the ocean of His love time and time again.

In our lives a great deal of time is lost in aimless meanderings, in spite of the knowledge that He is waiting for us. He is always there for us but do we have time for Him? When you make time for Him you will find that His terms and expressions are saturated with such exquisite sweetness that they will leave you speechless. If you cannot do that then merely to sit in silence with the thought of God is enough, that in itself will accomplish the miracle of change in you. The soul will gain awareness through purification. Your daily contact with Him will be responsible for this. During this period when you think of Him alone, think of all the pleasant things in your life. Think of the happiness. Dwell on the joys, on the beauty of creation and love; everything that means joy and delight for you. These beautiful thoughts will clear the path from you to Him.

The more you live with Him not only can no-one harm you but your tongue, your word becomes the abode of truth. Every word you utter must be, must take form, must become; this is the secret of God. If you are pure in thought, word and deed then it is automatic that the spoken word must be. It gains divine energy and the divine will is manifest in you. You may think that only saints have access to this power. It is not a power it is merely the result of purity of heart. Try this exercise; ensure that you tell no untruths for at least a few months and witness the ‘miracle’ that takes place.

He states that there are no fasts, rituals, vows, prayers and strength greater, there is no greater mountain you can climb than earning and winning His love and practising living in His divine presence. That alone will gain access to His heart. It means practising the presence twenty four hours a day and not here and there for five or ten minutes in the prayer room. It is a constant, continuous and ceaseless longing. Only then can you win His love. When you live in that constant presence it will be beyond your understanding but you will be unable, you will be incapable of making any errors. His presence precludes human errors. This is the ultimate gift of surrender. If ever you do, the mistake will be His will and not of your doing. With Him there are no errors and you will always act in perfect accordance with the divine will.

The ideal is to live a spiritual life within and of a worldly life outwardly. To complete ones duties, ones occupations and undertake ones tasks in life while remaining totally calm and centred on the Lord within. Seeking guidance from within, seeking Him within. On this path once the love develops it is impossible to ask the Lord for anything. Do not ask; there will be no need to ask for He Himself will provide without asking. He will guide without your having to voice the request. He will guard without your having to seek protection. Your life will be entwined with the divine beloved. He will resolve all problems without a single prayer being uttered from your lips. There is no need to ask or pray for all will be taken care of by Him. If only your heart would merge as one with His then all power is yours. Your will then becomes the divine will and divine will is all powerful, all consuming, of great magnitude. It is yours the minute you unite with the Lord. He will take all your burdens and cares upon Himself. Leave all the problems to Him. Believe that all your trials are come to an end and you will be more joyous and happy than anyone could ever be in life. One must have implicit faith in His words, believe unconditionally in His utterances and trust in Him. He will take care of your welfare, relatives and family. Whatever concerns you concerns Him also.

When you are confident and aware that He is always with you, always waiting for you, do not feel free that you can leave Him. It must be understood that this is merely a stage in spiritual development and not the culmination of it. There is much more to be covered and over come. If you fail in keeping this connection alive then how can you succeed in the goal of attaining the highest love for God and gaining the key to His heart. Keep this in mind and see it as a discipline you must practice. Just as you expect your children to follow your advice and disciplines for you know what is best for the children so also you must follow the regime that the Lord lays down for you.

For God to respond some effort is necessary you will require the information, in the early stages, which you will gain from books until you have established your own personal link and relationship with Him. This relationship will go through a free fall where He Himself will guide you and lead you in the dance of this wild romance with Him. Then you will need no books, for no one could ever guide or assist you then. At this stage there is no other refuge than Him, no other love than Him and no other desire than Him and for Him. It is only up to the stage of establishing the link that other people's views, comments and experiences can be of some assistance.

Get God, Get Everything

We know the Lord feels lonely? Perhaps almost always. Count His friends and close companions. See how many that are on His list! Even through the ages there are not many. Those who love Him are legion but those He loves are few. We do not, and most of us cannot, do not even try, do not put forth the effort in attaining that high estate whereby His grace and love can be won. Most us have no knowledge that it is possible and those of us who do know have no wish to inconvenience ourselves. Those who make the attempt are few and those who succeed are even fewer. Most of us have no wish to attempt to follow this path, to acquire this grace.A shame because once one secures Him there is absolutely nothing else left to have, nothing left to desire, nothing left to want. All roads eventually lead to Him and all sorrows and joys merge in Him, He being the beginning and the end. Get God get everything! Get God get the world. Get God get your dreams. Get God get ultimate unconditional love. Get God and realise that you ARE God. Realise your highest aspirations but first and foremost GET GOD. Once you do that, once you follow this dictum it is His responsibility to take care of your worries, concerns and problems. He will remove them all leaving you in bliss. So much so that you will wonder how can you contain so much happiness.

One must remember that there is an unwritten hierarchy to follow in life, to lead your life by, a rule of living. God first then your duty to family and relatives, others next and yourself last. All in that order, initially we tend to give priority to our families and our relatives, ourselves and duties to other people and God last of all. It is only when we recollect and become aware that our highest priority, our highest duty is first to God Himself and only then do others follow on the list. Implement this rule and see what happens in your life.

We seek happiness here and there, we seek happiness everywhere but happiness, true happiness lies only with God. Get God get everything, your own happiness, the happiness of your kith and kin and happiness and peace for the world. Everything is there in the love of God. But first win God's heart. That is the greatest service, the greatest gift you can give anyone, your family, the world, the universe or yourself because once you have God, they too are saved. Remember the Lord is all love and generosity and He will place all of His wealth, all His power at your disposal. He will give you what you desire for He considers nothing as His alone.

One must learn to let go and let God take over your life. Let Him rule everything. Let His presence be always with you. You must live in that presence, in that love for love is everything and God is everything. One must plant the seeds, sow the seeds of this love and then foster it, water it with a program of discipline. So when this love reaches the Lord He is highly pleased. He is delighted with His children. Take no note, do not pay heed to what others may say. Remember their experiences and path is not yours. One must not follow a path blindly that is not for one self. Always do what your conscience tells you is right. Rules and regulations, all these protocols are there for guidance only and not to be ritually folowed. One must remember to balance them with love, consideration and concern.

Desire is Always Fulfilled

Each one of us is saturated from head to toe with desires of one kind or another. Sundry cravings assail us from all sides and they go on multiplying in number and force incessantly. The embankments of discipline and duty are swept away by the flood of desire. Therefore discrimination must be exercised and one must seek the fulfilment of only those desires that are beneficial to one and ones goal.

One must be careful what one asks from God, what you need, what you want because what you receive depends on what you ask for and expect. Be aware that how the words are formulated lay down the rules for what can be bestowed upon you. Merely for the asking can you have everything. Ask and you shall receive for it is His duty to give you whatever you ask. There is no point in going to a shop and requesting a flannel or a towel when in fact you can have a golden dish. But if you ask for a trinket then you will undoubtedly receive a trinket. On the other hand if you ask for a golden dish then you will be given a golden dish. However, if you ask for nothing and trust in His judgement then perhaps you may be given all that He can possibly bestow which may be more than you have ever dreamed of. Some persons cannot believe in the possibility of certain events or

happenings just as some people only have faith in drugs, tablets and doctors rather than faith in the divine. So how can He give you something that you do not even believe is possible? Or you believe to be impossible?

One must be aware, every thought, every wish, every desire that you entertain must be and will be fulfilled at some point. It can never not be fulfilled. This is the law of karma, of action and reaction. Once you express a thought, a wish, a desire it is a pure energy form that must take form, must express itself in reality, become a reality at some point. Therefore it is vital not to entertain desires, not to want.

One of the principles of God is that the service and love that you engage in, that one offers to Him and the love that you carry for Him guarantees His guardianship of your whole family, of all the people you care for, for all those you love so that you have no worries, distractions or concerns to take you away from Him. Your one and only concern and priority is to love Him, to please Him. From the moment you arise to the time you retire immerse yourself in thoughts of loving Him. This guarantees and ensures that all your problems are resolved by the Lord. After all if you expend all your time on Him it becomes His obligation and duty to ensure that all your requirements are also met. Everything to do with you, everything to do with those connected with you will be under the control and in the power of the Lord. He will take on all your responsibilities and burdens. And He will exercise His power to resolve all your worries and outstanding issues. He may even go to the extent of discharging your duties for you. Why does He do this? He does so out of His love for you. The love you have for Him is returned to you a thousand fold in that form. But He also does it so that you are free to enmesh yourself more and more in that love. He will grant every wish that you have, every desire that you entertain if only you will love Him.

He will always grant your desires, He will always grant what you seek more especially when the yearning is for Him, when the lover seeks the beloved. That is why He always insists that you are careful what you ask for. Surrender yourself to His will and let it be His will, not yours. Why ask for tinsel when God is prepared to give you something worth a million dollars? Let Him give what He wishes to give, for guaranteed it will be infinitely more valuable and precious than anything you could ever ask for, want or need. God has always said ask and it shall be given. So we have to have trust that He will give us, if not what we have asked for then definitely exactly what we need.

Faith

He has stressed again and again in all the scriptures that love is absolutely essential to reach God, to know God, to understand God. Yet on an equal footing, of equal importance is the necessity for faith because without faith love is a volatile emotion that can sometimes lead one astray. Not always but occasionally. Or it can lead to disappointments or negative feelings. Faith in itself is not the entire answer either. Love and faith go hand in hand and that is the basis for experiencing God. Love and faith play a very important role. They are the two wings with which one can soar the heavens. Love on its own can make one depressed or become disappointed which creates negative emotions but it is faith in Him and His infallibility, that one has made the mistake and not Him that actually corrects the matter, that balances one. The two of them faith and love act as a counter balance for each other. One cannot fully succeed or cannot fully attain the goal without both.

Though of course love is the force that bolsters faith as faith can falter, be shattered and destroyed, reduced to rubble under the bombardment of unfulfilled desires. Though faith is vital for spiritual progress love alone holds the key to His heart. Faith is necessary. The faith should be such that no matter what He tells you you must accept

it without question. The total and complete faith that He wishes you to cultivate no matter what things may appear or seem to be. There are no rituals that bind, no fasts, duty, nothing but His word. When He asks you to carry out something do it without question. It is not easy but with perseverance it can be achieved. This is vital to learn and practice. Having faith in God means the total acceptance of His will in everything. Whatever He says. Whatever He does. Whatever He asks you to do. And it must be unquestionable. What does blind faith mean? It means that you set aside all your experiences and conclusions based on the mind and follow the inner God. Are we ready to make a leap of faith? Are we ready to have faith and to love Him and to relinquish our beliefs in our false concepts? Are we ready to jump in and then learn to swim? Such faith and love is what He seeks of us. If we follow Him and allow Him to guide us then no matter what happens we will be heading on the God ward path home. When He gives you any instructions, advice or edict it is necessary that enough faith is there to implicitly follow His word, to bring it to fruition. Without the yearning, without the faith and strength of character nothing can be achieved.

We all know the story of Moses and how the Israelites lived in the desert for forty years on His grace and bounty alone. They wandered in the desert with only the food provided by the manna sent from heaven and the water that miraculously came out of a rock cleft by Moses with his sacred stick. Forty years they wandered and they learned to become totally dependent for their survival on the Lord. It required a total letting go to His grace. A one hundred percent trust. A complete trust in God without deviation. It is what He seeks from us. This is the adventure of waking up to the presence of God in your life. This is not just the story of the scriptures. It is our own story. We are born, we seek God but He is nowhere to be found. We seek happiness that we know is ours by right but we look for it in the world and it eludes us. Then one blessed day He reveals Himself to us. But soon He takes us out into the desert and we wander about, lost. It will seem that whenever there is a crisis He will wait until the last moment before stepping in. He takes us to the precipice and even down into the depths and then at the last moment,

He raises us to the sky. We become totally dependent on Him for everything, our food, shelter, work, health, direction and our very lives. He then grants us experiences to develop and strengthen our faith and love for Him. Then finally He fills us with Himself.

Within each of us there is a war being waged between the forces of right and wrong. It is only when we turn to the Lord, when we seek Him out and He comes to us, takes hold of the reins and guides us that there is any hope of winning this inner war. It is faith alone that steadies the mind; unshakeable faith in the face of opposition. More important and absolutely vital is faith in yourself, faith in your beliefs, and confidence in what you can achieve and how you can achieve it. The understanding that faith and acceptance of His will ultimately prevails. To have faith in God one must have self confidence, that is confidence in yourself. The way to achieve this to become aware of the constant nearness of God.

It is wherever you place your faith, dust you think then dust you are. God you think then God you are. Always have complete faith in God, who takes care of everything. True greatness can only come from faith and love. If you shut the door, how can God be revealed? Where is the room for God to come inside? Love is God. Live in love. Start the day with love, spend the day with love, fill your day with love, and end the day with love. That is the way to God. Faith is but the acknowledgment of God in all His abundance, all His goodness, His ever present, all powerful will. Love and faith are forces that release the latent genius within each soul. All is possible with love for through it you can tap the source of sources.

God may well have something wonderful planned for you but if your faith wavers or you entertain doubts you can speed or delay His will. This is a power that lies with all of us. The important point to

recollect is that doubt clashes with His will. If there are doubts then there is no possibility of fulfilment of His will. His will is accelerated and speeded by your faith. It is slowed down and halted by your doubts. The strength of your faith determines the strength of God's will. If you do not entertain doubts then whatever you wish for will be fulfilled. If there is total positivity then a miracle has to happen. The miracle your desire must manifest. There is not even an iota of doubt in this. But if there is any negativity, imbalance or doubt then the process takes much longer or not at all, so your desire may never materialise.

Keep in mind that if things do not work out the way God has told you they would, or according to His indications the fault probably lies with you and not Him. Actually it definitely is ones own. That is how one must view matters. After all when one travels this path and one experiences His presence then blind trust in the divine is the only option, the only solution. It is what must be cultivated. After all it is what we all expect and demand from each other. The child places trust in the mother that she IS its mother. We all trust our parents to do what is best for us. We trust that when we drive a car we are going to each our destination safely otherwise we would never enter a car. We take a flight in the sure knowledge that we will disembark at the other end. Trust me, have faith in me. I will. I can. If this is what we expect, this is how we feel then as God He has a perfect right to demand it, to insist on it. As the saying goes complete trust in Him never landed anyone into trouble.

Surrender

Why get agitated. Let the Lord take care of all your businesses. He will be the one who will think about them. He is waiting for nothing else other than your surrender to Him. He will intervene only when you know how to completely surrender to Him. Then you do not have to worry anymore about anything. You can then say farewell to all fears and discouragement. Mostly you demonstrate that you do not trust Him. On the contrary you must rely on Him blindly. To surrender means to turn your thoughts away from troubles, to turn them away from the difficulties you encounter and from all your problems. Leave everything into His hands saying: Lord, Thy will be done. You think of it. That is to say: Lord I thank you for you have taken everything in your hands and you will resolve this for my highest good.

Remember that thinking of the consequences of a thing is contrary to surrender, that is to say when you worry that a situation has not had the desired outcome. You then demonstrate that you don't believe in His love for you. You prove that you do not consider your life to be under His control and that nothing escapes Him. Never think: how is this going to end…what is going to happen… if you give into this temptation you show that you do not trust Him. Do you want Him to deal with your problems, yes or no? Then you must stop being anxious.

He will guide you only if you completely surrender to Him. When He leads you into a different path than the one you expect, He carries you in His arms.

What seriously upsets you is your reasoning, your worrying, your obsession, your will to provide for yourselves at any price. He can do many things as much in your material necessities as in your spiritual ones providing you turn to Him within. You think of it and then close your eyes and rest quietly. You will receive a lot but only when your prayer will rely fully upon Him. You pray to Him when in pain so that He can intervene, but in the way you desire it. You do not rely on Him but you wish Him to adjust to your requests. Do not behave like sick ones who ask for a treatment from the doctor, all the time suggesting it to him. Do not do like that but rather, even in sad circumstances say: Lord I praise and thank you and I pray you arrange things as you please for this temporal life. You know very well what is best for me.

Sometimes you feel that disasters increase instead of diminishing? Do not become agitated, close your eyes and call on Him with faith: You think of it. And when you speak from your heart He will even create a miracle when necessary. He will only think of it when you trust Him totally. He always thinks of you but can only help you completely when you rely fully on Him. To not ask is surrender. To give up likes and dislikes is true surrender. Not asking for this or that but equally not asking that you do not want this or that either. This is very difficult to do. The best way is not to react violently to likes and dislikes. Definition of the highest complete surrender is that whatever one wishes is His will. One need not check with the Lord every moment and ask 'Is this what you want? Is this what I should be doing? Just do! Whatever one wishes is His wish, His will. At this point there is no free individual will involved only His will exists.

Spiritual discipline = Results

On this path nothing is given unless one earns it. Spiritual knowledge and spiritual experience is the most difficult to attain. The requirement is strict adherence to discipline. No discipline, no grace. Grace is proportionate to discipline. Depending on how intent and serious you are, and how intensely you yearn for His presence and His company. Spiritual discipline equals results. It is essential in the early stages unless one is fortunate enough to love God already, which is also His grace. The results and the fruits depend entirely on Him. Even if one knows what is required the vast majority of persons are not prepared to carry out the necessary disciplines to win the key to God's heart. Or even to acquire any contact with God. In fact in most places and homes nowadays atheism rules and is the norm.

Discipline is essential for the success of any endeavour, whatever it may be. The discipline of concentration is indispensable for even routine things like walking, talking, or reading. Spiritual progress depends on this also. Life becomes worthy of living only when one has disciplined habits and concentration of mind. They are the embankments that control and direct the flood waters of emotions and actions. As you grow in spirituality, as you grow in these disciplines. As you gain nearness to Him there are times when you may feel sad and depressed. At such

times we usually cover up our spiritual hunger for His presence and His attention with food or other diversions.

On this spiritual path do not think about what others are engaged in or what your practices are and how difficult it appears to be for you compared to other people. Each individual receives only what he puts in, the result is proportional to the effort. It is your choice and up to you. Besides others may have worked hard in a previous life and now it is easy for them or vice versa. You become His instrument and do not concern yourself with others. The real success of life and living, the only success is the instilling of love for God in the heart. The fact that discipline equals results must be understood, accepted and practiced and the goal reached and the Lord attained.

The greatest error on this path, a major problem and obstacle is the amount of time spent with Him, or more to the point the lack of time spent with Him. Only the time you spend with Him will ensure that you make no mistakes, because all other faults, mistakes, errors, problems and obstacles arise from this lack of communication. When you take an interest in television or err in diet by eating food cooked by others, then you will find that annoyance will slowly return when you are crossed. The ego will make an instant appearance demanding it's right to be heard and bowed down to. All this stems from your distance from the Lord. Once there is this total oneness with the Lord and there is no distance, when you live in the divine presence, whether there is a response from Him or not then all actions, all thoughts, are His. Then there is no such thing as an error. There is no such thing as an insurmountable problem. His will prevails in all things and His will will prevail in your favour, always. The grand design is to spend all the time in His presence. Do not be distracted, concerned or worried about the future, problems and situations that may arise because all this will achieve nothing, accomplish nothing.

To know that you have been successful you have to wait until God accepts your love and devotion. Until such time as He returns your love in kind and loves you fully as you love Him. In reality He loves all His creation but to win His special favour, His special love, to be His favourite one needs to hear this from Him. It is not a question of your proposal but the proposal needs to be accepted by Him.

Your behaviour must be exemplary. Have no anger, malice envy or pride against anyone. Be full of humility. Have faith in human goodness. Each one should be transformed. Be silent, talk less, talk softly when you must speak. Do not, by the loudness of your voice, disturb others. Encourage one another to march along the path of God. Who am I? Where am I going? How do get I there? These are the questions that should engross you.

What is spiritual discipline and why do we need to practice it? It is the conscious effort of certain practices with a particular purpose - an aim with a specific end in view. It is carried out to win the Lord's grace. Basically it applies to three areas; the physical, mental and the spiritual. The physical disciplines help in promoting and aiding the mental disciplines and the mental disciplines assist the spiritual to fructify - in other words helps us to attain the fruit we desire. What are physical disciplines? It is the avoidance of any harmful input through the five senses, the eyes, ears, taste, touch and speech. Not reading newspapers (they rarely contain good news), not being engrossed in the media Avoid listening to gossip, do not repeat slander or scandal. Do not lie. Do your duty at home and in society. Do not take part in anything that would be harmful to others. Save God given resources. There are a host of items far too long to list here. Mental disciplines relate to mind control; the avoidance of bad thoughts, the mental evils of anger, jealousy, hatred, greed and desire. Try to practice detachment, observe but do not become involved. Cultivate the positive values of love, peace, caring, giving, caring and in particular tolerance. It is not always necessary that we

must prove we are right. Listen and forget. Spiritual disciplines are what we engage in to win the Lords grace. It could be chanting mantras, praying on a rosary, meditation, remembering God, worship, devotion, loving God, immersing oneself in the divine. This can all be compared to a heart and mind cluttered with all sorts of things which you have indiscriminately allowed in. It is full of mostly junk, useless obstacles over which you constantly trip. How can we expect the Lord to come and live amongst this mountain of useless information? Whenever we are expecting guests we tidy and clean our homes in preparation, isn't it? We do not like anyone to say that our home is untidy. So now we wish to invite the Lord. Our physical disciplines will stop anymore rubbish from entering in. From now on we will veto everything that enters in and check how good it is for us. The mental process is of clearing out what we do not need and cleaning and polishing the heart making it worthy to be the Lord's residence. The spiritual discipline is our way of building a bridge to God and establishing a communication line with the divine so that we can offer Him our beautiful heart as a home for Him to take up residence in.

During this process there is a need to be vigilant, to be aware of the why's and where fore's. One needs to be careful about the literature one reads, the programmes one watches, the environment one frequents and the activities one engages in because even the most innocent of by ways can lead one astray. The aim is to cleanse and purify the heart clean it until it is sparkling like a golden nugget and then fill it to the brim with all your love and offer it to Him. He is the diamond to be set in our hearts of gold. No half hearted attempt will do. He is omnipresent and omniscient and is fully aware of exactly how much effort each of us is exerting. With this end in view, from this very moment we must spring clean and fill our hearts to over flowing with the nectar of longing, yearning and love for the Lord. To succeed in this endeavour treat Him each day as your invisible companion. Wake God up each morning, speak to Him as you walk to school or drive to work. Share with Him your breakfast, lunch and dinner. Play with Him as you would with your dearest friend. Give Him love throughout the day and finally put Him to

sleep before you retire each night. This is how to live with the Lord everyday.

To know whether you are succeeding there is a method of evaluation. It is a fun game that you can play with God. He also enjoys it very much. Make a chart with God as the goal. Place, at intervals, on the chart the list of things you will be practicing and place your name at the bottom of the chart. Then start practicing all the items you have decided upon sincerely, from your heart. Correct each error, each twist of character and then watch what happens. Since we cannot judge our own progress leave it to God to decide when you have successfully overcome a trait. He will move you up the chart either one step at a time or even 2-3 steps at a time depending on your sincerity. Wait for His instructions through whatever medium of communication He decides to use with you. When you offer Him a heart filled to overflowing with love for Him how can He ignore you? Only love and purity can draw Him to you. Love and only love is the means, the way and the end to winning the Lord's heart.

The purpose is to win the Lords love and grace through discipline, love and unity. Though it may appear difficult it is essential. The aim must be high. If one aims for 100%, 85-95% may be attained. However if one aims for only 50% then the result will naturally be below that. If your love for God is overwhelming and beyond all bounds God cannot help but come to you and give whatever it is that you want. The response is dictated by the level of love you have for God. His special grace category is available to all. It means that nothing can come between you and Him. No matter what your past, present or future if your love for God is great then His grace is automatic.

It is a discipline for people of different races, backgrounds and beliefs to live as one with out friction. Now that the world is a multi

cultural global village unity is of vital importance. You will note that there can be no unity without love and discipline and so they are of equal importance. If unity is absent it follows that the other qualities are lacking also. Do not be guided by what you see others do. As the saying goes 'One man's meat is another man's poison'. Meaning that the behaviour that is acceptable in one person, due to grace earned in a past life, is not appropriate in another who does not possess the same. It is good to meet and hold discussions to iron out problems and or discuss successes. It will be found that answers will come naturally through the participants themselves. Tolerance and learning to live harmoniously with others; making allowances, forgiving and forgetting are all part of this process.

Discipline & Diet

Discipline is a set of unwritten rules for society. Every single one of us has a code of rules by which we live. There are various types of disciplines, one of which is personal discipline. What is personal discipline? It is a code of conduct you set yourself ie; speaking softly, responding to others kindly with consideration; your reactions to your surroundings in a positive manner; the way in which you carry out your daily duties whether at work or at home. They act as a fence for our behaviour patterns. How we behave not only effects others but gives them an indication of what we are like inside. If we act politely and speak sweetly always, we are well thought well off. On the other hand should we use abusive ad aggressive language and actions then we will probably be avoided by others. There is a saying 'Never argue with a fool -bystanders cannot tell the difference'. Our outward behaviour reflects our inner state and we are judged praised or condemned by it. Therefore it is vital to control our speech, actions and habits. In this respect it becomes important to set ourselves some goals, some do's and don'ts that will help in forming good habits which in turn will promote right action and correct speech. Do not forget you live in a world surrounded by other people and so your behaviour should be what you expect of others. The major factor that contributes to good behaviour is tolerance with a capitol T. What is your tolerance level? How many times a day do you shout, become annoyed or argue? Examine your

code of conduct. Is there room for improvement? Do you pass the test of good behaviour? If not, then list your negative traits and set yourself a target and time limit to improve. Be determined to succeed and you will. Why is personal discipline so important and vital to correct now? Because personal discipline effects social discipline. Alone you are one, in a society you are many and therefore must behave in such a manner that you do not cause offence, irritation or annoyance to anyone. What may be acceptable on a personal level may not be acceptable in a social sense. Unity, love and discipline are of unprecedented importance. Here the watch word is TOLERANCE. You must accept that you are a member of society and no one is higher or lower. All are equal and each person's views are of equal importance. Strive to become a family. Treat all as your brothers and sisters. This very difficult to practice but its importance cannot be stressed too much. Any lapse in your behaviour will result in adverse comments from others.

The major hindrance to social discipline is people misbehaving and becoming embroiled in arguments. This is lack of tolerance, offence taking rather than forgiving. Therefore it becomes essential to overcome these faults. One note of warning - we have so far only looked at behaviour. As we now know good actions and speech are governed by good THOUGHTS. The power of thoughts is immense. Thoughts create the atmosphere around you, whether positive or negative. It is of absolutely no use whatsoever to remain polite whilst harbouring bad thoughts. God is the eternal witness within each and everyone and He is aware of each thought. Negative thoughts create an atmosphere of friction and discontent within society. So not only must your outer behaviour be acceptable but also your inner state must be pure and unfettered by negative thought waves.

One of the most important disciplines that can be practised is the discipline of diet. One must always be careful and keep a watch on what is consumed and even more importantly, who has prepared the

food. If you eat food cooked by others who are susceptible to the negative emotions then this will contribute to your state of mind, to your state of disorder, possibly initiating hatred. Ccontrol of the mind, living in silence, purification, all of this is dictated by the food we consume, with all our senses. Therefore diet restriction is vital. Try an experiment. For one week eat only food that you or someone you love has prepared; someone who is calm and balanced. Avoid the media. Avoid everything and anyone who will disturb your equilibrium and then see what happens. When you return to your normal routine you will notice the difference. Food contains very subtle influences. The effects and influences in food are transferred to the people who eat it. Try and prepare meals yourself and eat and observe the difference. You will be obliged to observe restrictions with regard to processed and manufactured foods. To be aware that you are easily effected and influenced by the environment and the vibrations around you. In this process the diet and food that is consumed forms an important part of the disciplines.

One must eat only pure foods, no additives, colours, flavours etc. Nothing cooked by another. Pure food is food that you have handled or someone you can trust to entertain only good and pure thoughts during the process of cooking. Eating out is not advised because the thoughts of the cooks and their predilections enter the food and disturb the mind. The thoughts and vibrations are so strong they contaminate the food and your disciplines will go to waste because once the mind is impure with the subtle presence of riotous thoughts you cannot succeed in your aim.

It is not so much how much one eats but it is more a case of what one eats and who has been involved in the preparation of the food. Every thought that the cook has is transmitted into the food and hence it goes into your system and the subtlest parts enter your mind and therein hold sway. Therefore your mind is not your own, it is conditioned by the food and the environment. What you think, your thoughts, feelings

and emotions rarely do they reveal the true you, the true person that you are because most of your thoughts are coloured by the diet you indulge in, the places you frequent, the environment you live in, the pastimes you indulge in and the way you behave. All these determine the kind of character you have. If once you start to cleanse the mind, cleanse the soul, cleanse the body you will be aware of a great transformation in your attitudes, notions and feelings and your responses to others. How you react to people, events and how in turn it transforms your character. Then you truly begin to reveal the divinity that is latent within. At the moment this divinity is overlaid by layers and layers of influences. Once these influences are removed then the true soul emerges, the shinning purity emerges, the golden soul. It is what God first gave to us in all its pristine beauty, innocence and purity is God. You will find that you could not possibly and, it is not inherent in you to do anything that can be classed as ‘wrong’. The only things that make us make the wrong decisions or colour our lives by the way we behave is ego, anger, jealousy, greed, envy. These arise mostly from our polluted environment and associations. Though some of them may come from past life associations and past tendencies the majority of it in this life comes from how we are raised and what we become. Once that is reviewed and checked then true divinity begins to manifest.

For example on a grey or dark paper a smudge may not be noticeable but on a sheet of white paper even a tiny speck will be visible. Therefore the purer you become the more susceptible you will be to these negative influences, from diet, media, and the intake around you, the ‘food’ from all the senses. This is food that the ears hear, the eyes see and the tongue tastes all this has to censored and monitored. For what you see, hear, touch and speak, this is all classified as food. The best protection you have is God and the time you spend with Him and the disciplines you practice in attaining Him. It is essential to be focused and centred entirely on Him at all times.

Decide on what is important in your life, God, world, you, service, others or work. List your priorities in order of importance. Then you will need a plan of action to practice. Formulate one based on the examples given and adhere to it. In the early stages of devotion this is important as you will not be steady enough to overcome the onslaught of external forces.

You may argue that it is not practical to be so strict all the time and that you are obliged to live in the world. What to do at functions, parties, outings, weddings and so on? Especially when you are surrounded by an atmosphere of revelry. The answer is that as far as is possible it is up to you to control the desire for certain unsuitable situations. In certain circumstances it is unavoidable to indulge in diet that is not suitable. One may be not be able to access ones own cooking. The practice of this discipline must be a conscious effort, set regime but one does not need to suffer unnecessarily under exceptional circumstances. So one needs must balance ones thinking and ideas. There is no need to be over zealous and deprive oneself but also there is no need to be so lax as to make the disciplines and practices ineffectual. When you are in company you are not obliged to take part, only to be present. While doing so ensure that your link with Him is open, converse with Him and nothing will affect you. The damage occurs when you close off the connection and allow yourself to become immersed in the worldly activities. All that is required is to move and act externally whilst remaining engrossed in the Lord internally.

For the ultimate realisation, for the attainment of the ultimate liberation discipline is vital. You must adhere to your disciplines as your life blood. He will provide you with ideal opportunities and His presence but you yourself must make the effort to detach yourself, to withdraw yourself from worldly attractions and live only in Him. Once you become convinced of these precepts and concepts, once you believe in them utterly as infallible it makes them an overwhelmingly powerful force in

your favour; nothing can move you from your stand, nothing can detract from you. You become invincible in the Lord's heart and He in yours. More than any other form of love man's first duty should be to fix his love on the Lord and the Lord alone. From there love flows to every one, all of humanity, the animal kingdom and plant life in an endless stream, a ceaseless ocean. For the Lord is the ocean of love and it is infinite, and from this you can draw, distribute and shower this love on all those around you, everyone you come into contact with. Truly you become Godlike, an image of the Lord Himself.

One must improve to earn His grace to win his love, to earn His companionship. To be deserving of His high estate. He will show you, lead you, guide you but you must put into practice His words, His formulas, His precepts for only then can there be success. How can there be success without practice, without implementation, without trying, without longing yearning and desiring Him.

EGO

In this vast cosmos our solar system is one of millions, planet earth is a small dot in this universe which is probably one of thousands. And we are minute microbes on the earth so where is the cause for ego and self importance? The Lord is resident in every entity, every atom and He controls the activities of them all. Even the humble ant is under His jurisdiction alone. Each creature, flower, bush, leaf, tree, rock and grain of sand has a soul and that soul is reflected in Him and He in it. Therein lies the unity of the universe. The diversity and creativity of the divine.

The only thing that separates us from one another is our personality that is ego. Deep within our souls we are all essentially one. Whatever happens one must always be aware of and undermine the ego. Understand that you are not the doer, you are merely the instrument; so wherefore this sense of pride? When ego rises He cannot work through you. If there is no ego only then can He provide you with miracles. Have you opened the door for miracles to take place in your life around you? Small things, little events – you ask and it is there! You seek and the door opens. Even loving Him can only be through His grace.

Even though one may not respond to a trying situation, yet there maybe great anger, frustration and tension and harbouring of emotions within: the Lord sees them all. Such a heart is not a place where He chooses to reside. It all happens, all occurs due to ego. Ego demands acknowledgement and power. One must ignore its voice for it is the most effective bar to spiritual progress. It cannot be destroyed. It must be surrendered and offered at the feet of the Lord. It must be given to Him to dispose off or to be transformed into humility. In reality fighting the rising ego and praying for assistance is the most you can do. The rest is His grace and work until it is finally laid to rest in Him. In this manner must all negative emotions be dealt with. It is the only way to abolish these traits.

Unfortunately our personalities do not express who we really are, nor do our actions as our egos interfere. The ego is that part which gives us many problems. It is like a master with a whip that goads us towards this and that, to have position, wealth and status. It is only when we undermine the ego and surrender to God 'Your way, not mine, you know what is best for me' that things will begin to open up. On the other hand if we say 'No, I will not do this?' That is the ego taking over. At this point God cannot be involved. Only through love can the ego be conquered. Love, divine love is selfless. Our love is mostly selfish. All the time the ego thinks only of the little 'I'. Ego sees everything as separate, as distinct from itself. It sees only diversity and duality. Ego is the harbinger of anger, jealousy, envy, greed and hatred. Love sees everything as itself. In this very surrender and repentance lie the seeds of spiritual success. Pride = ego. Surrender of ego = success.

Though love, austerity and discipline are essential to win His love, one must never commit the error to presume upon His acceptance. That is ego and the Lord will never tolerate ego. When one presumes upon the Lord's acceptance it is called pride and self esteem manifesting which He will swiftly fell. The process of this destruction of ego and

pride is extremely painful. It is not worth cultivating as it leads only to suffering. It is only when things are unpleasant that we actually begin to think and to grow and to seek solutions. When everything is gloriously happy we relax and are steeped in it and enjoy ourselves. We do not then grow. Therefore problems are really stepping stones to self realisation – to God

Service

Every soul, every individual is a part of the whole. All are part of the totality. A cell in the body is a tiny speck, it is invisible to the naked eye, yet many of these cells together are vital for the functioning of the body. Each one makes up the whole, without one the other cannot function. So it is with humanity and mankind. We all need each other, for man is a creature that is born in society, lives in society and has a need of society. He should also repay the community this debt he owes. We cannot learn, cannot experience without interaction, without each other, this is why love is fundamental to creation, to everything that exists. By loving God one learns to love all others, learns to love the entirety of His creation as His vesture.

Service is an expression of love. Service should not only be for God but to the God in man. Service to man is service to God. Love finds its expression, its way of showing love, through service. Just as we all need a material way of expressing love ie gifts, presents, little acts of lovingness so also love should and does express itself as service. Yet service is not just confined to what we do sometimes, or when we wish to do ‘Service’. Service should be everything we do. Every little act of ours should be service, a gift, an offering at the feet of the divine. Whether

it be work, passing a pen, offering to help a child with homework, helping the elderly, even cooking and cleaning; whatever it is, it is service. The secret is to SEE and view it as service and carry it out in that spirit. We have a tendency to divide our life into sections, our prayer times and our love for God that is totally distinct from any other tasks we may be engaged in during the day. Then there is the service we do, which is very much separate from our love for God and our daily chores. The secret, the way forward is to merge the three into one and call it love of God, and through that love to consider every act, every word spoken, every task accomplished as an act of service to the highest being, the divine Lord. Service is not isolated acts of kindness or a two hour period set aside every week for the elderly or hospital visits. It is a continuous stream, ceaseless flow of love towards the Lord in the form of acts of service.

Being engaged in service is an opportunity to win His love. And that you can be doing every hour, every second you think about Him. The Lord is constantly and continuously engaged in service, service to His creation. Indeed He is the one and only true servant. He is the servant of His servants. He always serves. He serves 24 hours a day, 365 days a year. He is always on call. He never takes a holiday. He is ever at our service. He serves every one regardless of eligibility or ineligibility, mankind, animals, the entire universe. Then how can we not serve, how can we not serve each other and assist Him in His task. How much happier He would be that we take up the work on His behalf and assist Him. Start pouring out love in the form of service to all members of the community and gradually expand that love to include all mankind and then all creatures. The best way to change things is by the way we live and behave and the quality of service that we give to others.

Know that your life is but a link in the great chain of life. Make it a perfect link by thinking and acting perfection. Do not strain and pull

against the other links for in doing so you may cause grief and discomfort to others. At all times keep the other person in mind and be careful not to cause hurt. If we but had the gift to see ourselves as others see us. Be considerate and kind in your thoughts and words. All thoughts go directly to their target so see to it that only messages of love are dispatched from your mind. When you are happy, joyful, blissful, when everything in your world is as you wish then remember to give the same joy to others. You must understand that if you are not careful you could hurt someone very badly, if you fail to understand that each person and their idea of happiness is different. We are all different, no two of us have the same leanings, notions or ideas.

Service, love and faith can help you to attain the Lord's love. Love and loving service to others will provide you with the grace of God. To serve one must be free from selfishness and selfish desire. There is a short story to illustrate this. There was once a man who was distressed by all the suffering in the world, the pain, children dying, the legions of hungry, famines and destitution. One day he prayed and prayed to God. He prayed for God to help these people, to alleviate their suffering. He prayed to God to provide for them. God responded, 'But I have provided for them, I have created you'.

Our goal should be to give a helping hand to those less fortunate than ourselves. When you help another you help yourself. When you love another you love yourself. Love is the moving and transforming energy in our lives and should express itself in selfless actions towards our fellow men. This is love in action. This service and our living and working together are tools for our own development and the realisation of God within all of us. Expand your heart so that it can encompass all. Do not narrow it down to the few persons you know and make it into an instrument of restricted love.

This life has the mission of crucifying the ego on the cross of compassion. This opportunity to be of service to your fellowman comes to you as a gift from God. Serve with that sense of gratitude, for it is God who accepts the service from you. This path of service leads from 'I' to 'We'! According to one's experiences a person will go through various steps and stages of development that entwine into each other - all leading to the realisation of the divine within each one of us.

To make service an act of God one must understand the inner significance of service. Service directed towards oneself can be classified as spiritual exercises under taken for self-improvement. Then comes service extended to towards the entire family. The next step is to offer service to neighbours and friends and undertake service acts according to circumstances. We can say that one attains the basic knowledge that is shared by others. This leads to one educating oneself in the company of others. Very soon we find one begins to take part in community service projects. This service is dedicated to the needy people of society. During this phase the 'I' consciousness begins to disappear. One serves large groups through tasks that might be designed for the whole of mankind. Now one is working in conjunction with God's plan. At this stage we find only realised souls whose lives consist of total unconditional pure love for all beings.

Here are some ideas on how to serve: Direct a prayer to God seeking guidance for service. Such a prayer could encircle this planet like a pearl collar and would connect us to all others. Pray to Him so that He shows the way and that you are able to find the person who should receive your service. Communication - make contact with your neighbour. Take part in training in voluntary organisations. Learn to organise, plan, prepare and to visualise so that meetings can be held in an orderly manner. Take care of the disabled as loving service is the only language that they can understand. Help in any case of rehabilitation by aiding persons to re-enter society. Help the helpless and lonely. Visit people in hospitals. Give work to elderly people so that they may help

others and thus realise that they are needed (sharing the production of a blanket by knitting small squares). Sponsor courses for cooking healthy food. Take elderly people to a farm for contact with nature. Organize programmes for cleanliness, inside and outside. Encourage traditional religious institutions in their work. Take care of people who are homeless or street sleepers. Establish 'adoptions' with orphanages. Provide help and support for aids cases. Undertake enlightening events with handicapped persons e.g. (theatre, dance, music, literature). Offer palliative care for very sick persons (visualisation, meditation, relaxation, acceptance). Develop a programme for the systematic sharing or study of service experiences.

Start with something small, something you can do consistently. Dedicated service to mankind or the community is a spiritual discipline. It draws the energy of love towards one. Pray each day that you are born anew and are determined to carry out all your tasks this day as offerings to the Lord who is ever present before your minds eye. Let all your thoughts, words and deeds be sacred and pure. Let none come to harm through you and let no one harm you. Pray for Him to guide and direct you. In the evening you should pray that the tasks of the day are done and it was the Lord who made you walk, talk, and think and act as you did. Make an offering of all those thoughts, words, deeds to Him. Engage yourself in good company, good thoughts and good deeds. God can be attained through loving service where the Lord alone matters. Service is it's own reward. Seek not anything other than just the service of God carried out to your utmost capacity. Then only the name and form of the Lord is cognised.

Action and Reaction

The law of the universe is action and reaction. Whatever is given is received, whatever is received is given back. What goes around comes around in every sense of the word.

We state that we suffer. We complain of our misery, that our lives are poverty ridden or unbearable. Why has God created this misery for us? We feel so often that it is God's fault that unhappiness is our lot or that we have problems. This is not true and so we need to be constantly reminded that it is not God who has ordained that problems abound in our lives. He has not created anything. He is not responsible for any of this. We sow and we reap. We do not like to admit that we are responsible. Yet we must accept responsibility for our actions if we are to progress. It is as if we sent out a boomerang, which, when it is thrown out makes a complete circle and always returns to the sender. Whatever we have thrown out in our past in some way, either through our thoughts, words, or deeds, must always returns to us. Everything that we say, think and do carries a subtle energy. It carries our particular energy as we send it out.

There is energy attached to every thought we send out and so it goes to its goal but it returns to us because it is our energy that activated it. Every action we do carries a price tag – either in red or yellow; the good and the bad. That price tag is known as 'consequences'. Good actions lead to good consequences – the up liftment of the soul and to the benefit of one self. Bad actions carry the consequences of suitable reprisals, punishment or suffering. This is one of the greatest responsibilities that we all need to accept. Once we accept that we are receiving exactly what we initiated then it is much easier for us to remedy whatever condition within which needs to be changed. If we object and cross swords with all and sundry and fail to accept our own faults then suffering is our lot.

To be truly happy one must refrain from interfering in other peoples' lives and from hurting others. For no matter what charity, service, love or spiritual practices one follows and engages in if one hurts and makes others unhappy through interference then one can only expect misery and unhappiness in return. All spiritual practices are swept away and destroyed in the pain and unhappiness of others.

We as human beings constantly question why God places us in situations we would rather avoid. Why make people do what they dislike and abhor, what they fear? The answer to this is that only by living with and overcoming like and dislike can we attain unshakeable equanimity. This is absolutely necessary to develop love and devotion, not to mention faith.

One must see oneself only as an instrument of the divine and therefore whatever is said or done, right or wrong is His. One cannot presume or assume responsibility for the thinking of others. Carry out your duties with love, consideration and understanding. If someone still takes offence then explain matters, but you are not to be held responsible

for anything that happens. Your only duty, your only task is to work on your own nearness and dearness to divinity. For only then can you carry out your part, the part He wishes you to play on this world stage.

This universe is merely a spot, a speck on the cosmological stage. Planet earth is a dust particle and we humans can be likened to microbes. We are all actors playing our parts. The director is Divinity itself. The problem arises when we identify with the part we have been allocated to play to such an extent that we refuse to leave the stage or continue with the script. We adapt the drama for our edification and adlib. Some of us aspire to the director's role though lacking His discernment, knowledge and compassion. In fact, we are convinced of the unshakeable truth of the drama. It becomes real for us. All errors and crisis arise from the actions that proceed from these convictions. The rule and requirement is that we play our part in accordance with the director's directions and script, yet aware of His cues and the temporal nature of the role we have been assigned. Only then can life be calm, fulfilling and serene. We can then leave the world stage having completed our role successfully.

The answers to the secrets of God's universe are essentially quite simple that is why purity and innocence are a necessity to comprehend Him. The human mind thinks that it must be some complicated formula that ensures the smooth running of the universe. It is why we fail to unravel the mysteries of the universe, the mysteries of God's creation and the mysteries of God Himself. Only the lover of God comes close to unveiling those mysteries, for God blesses His beloved with this knowledge. The Lord is innocence and simplicity personified. It is His innate nature. This is precisely why in the spiritual field cunning and cleverness are a handicap and, rather than advancing progress they hold one back and slow progress. They are not useful in the least. The truth is completely the opposite. God is so simple He is child like. He is so innocent and naïve that His heart is easily melted. Shed only one tear

for Him and He runs to take His child in His arms. We, we are such we will shed an endless stream of tears for temporary trivial issues of no consequence but not one tear will form for His sake, for love of Him.

One must be fair, honest and above board. There must be no deceitful cunning in the personality. For cunning and conniving is utterly valueless and is an impediment to spiritual progress. The wonder is why do we humans set such a store by these traits. Nowadays unless one has these qualities one is considered an idiot or a simpleton and devalued. This is exactly what is wrong with the world today, wrong values. Cleverness and cunning have never achieved any good. They have always harmed, never helped and it treads the road away from spirituality, divinity and God. If the predominant feeling is love and one loves everyone then there is nothing to hide, there is nothing to connive for. There is no one to cheat except oneself. There is no one to deceive. Unconditional love is so utterly pure and it showers happiness in immeasurable measure.

Certain persons declare that they are only engaged in God's duty and that nothing belongs to them; neither their actions nor the reactions that follow. They insist that due to this belief of theirs God must needs absolve them from all the consequences of their actions as stated in the scriptures. And so they are free from worldly bonds.This is not true. God will only accept the actions and consequences of one who is no longer concerned with worldly affairs. For such a one cannot harm nor hurt anyone or anything. Only such a person will be incapable of doing harm in thought, word and deed. All others may use rhetoric but their actions betray them. In our worldly sense we may feel that such persons appear to be happy but we must understand that this is the result of past actions. Remember only one who loves God may be subject to tests, according to worldly standards, but this person is also blessed with great joy, invisible protection and showered with His intense love, happiness and tremendous bliss. Others are left to experience the consequences of their previous actions. To offer your actions to God by stating that all

is your will and yet entertain the emotions of anger and revenge, never will He accept the actions of such a person.

Purity is enlightenment and unity is divinity. This is the goal and the way. It will continue and never end, this seeking and searching for unity and purity within ourselves and in one another. How to generate purity and love – purity in the sense - the good things you can do to promote pure thought and words? The answer is to cleanse the soul, cleanse the mind, cleanse the body. Once this purity manifests and fear is destroyed then love automatically arises, bubbles and simmers involuntarily and emerges to the surface. It can be love for anyone or anything – which can be transmuted in to love for God. If all this is carried out with the purpose of creating love for God then therein lies the key to God's heart. Once you have this love, intensify it by living in this love constantly.

The requisite for love is absolute purity. Purity in what is thought and spoken and purity in actions. That purity should be applied to work and prayer. Purity is the harbinger and sole requisite for love. Purity of the heart is very important. Where there is no purity, there is no unity or love. Without these two one cannot attain divinity. Love, purity and unity. Purity grows from selfless service. All are one, serve everyone. All are alike, be alike to everyone. Talk very little, even about God. There should be internal speech with God that will lead to the giving up of all attachments.

All action and reaction is such so why should you shoulder the discredit for harbouring unworthy thoughts. What will happen or what is to happen will happen anyway. What has been done must be accounted for. The law of action and reaction is inexorable. See how the ego becomes bloated. And pride, pride always goes before a fall, is

it not? Try to eradicate this type of thought, purify your mind, thoughts and actions. Want only Him.

The only way to immortality is the through the removal of immorality. The very act of purifying our lives evokes divinity to reveal itself in our lives, and not only we but the community, society and entire world benefits thereby.

Outside World is Mirror of the inner

One of the most crucial insights, laws of the universe, which we fail to understand is that within us is the outside world and vice versa. The outside world mirrors the inner world. Everything within, about and around us is due to the frame of our minds. When a person is unsettled within the outer world will mirror it too. One will see that when one is happy inside the response outside will reflect this. The outer world reacts and resounds the inner life. Therefore we find that love and happiness really do make the world go round and keep it in motion. Without them all would be chaos.

Our surroundings, our immediate environment is merely a mirror of our own inner selves. It will mirror the inner disruptions everywhere around you. The inner turmoils will be mirrored in the real world. When we complain that there are terrorists and wars, there is violence. When we complain of bad behaviour in others who aggravate us; all this is first to be found within ourselves. That violence exists in each and every one of us. A part of those terrorists lives in each and every one of us. We give life to them. Our thoughts breed such beings. Wars live in each one of us. This is how they manifest. They appear and manifest from

our own being, from our own thoughts, from our own selves. The universe is a mirror and it mirrors our hearts. Every entity in the universe exists in micro in each one of us and we are in every particle of the universe. Any vibrations we have of unhappiness will manifest and be mirrored as turmoil in someone else and will emerge on to the surface as a worldly reality. Our hearts and minds are the breeding ground for the disruptions around us. One will find that the obstacles and problems that arise in ones life are merely reflections of our own inner disharmony. Once there is harmony within there is bound to be harmony and peace without. Once there is harmony in the heart there is harmony in the world around. To over come disharmony there must be a resolve to deliberately distance one self from any negative emotions and make sincere attempts to sustain the love that one has for the Lord.

When you acquire the vision of the Lord in your heart. When the inner Lord is one with you, the Lord in heaven must respond. The distance and disruption and the disharmony begins when we abandon Him in our hearts. When you abandon Him in your self, when you ignore Him, when you distrust, discredit and dislike Him that is when life becomes a misery. When we are in harmony with Him within then the outer world and the heavens and the angels rejoice. Then all is harmony, love and peace. When you desert Him within, He maintains a silence and refuses to respond. When He does remind you He will expect you to live with Him every minute, every second. You must belong entirely to Him. Every cell of your being must vibrate only with Him.

The Lord is won in this manner. He is seeking your attention and He will guide you as to how He wishes you to be. When you do not pay heed you will realise the seriousness of the mistake and the consequences are invariably severe. One needs to be aware of how God warns. This is learned very easily in the relationship. Once that relationship develops

He will Himself teach you about Himself. Be aware of His hints, subtle murmurs whispers in the breeze. Expand your consciousness to apprehend His nuances. When you pay heed to Him and later reap the rewards you will understand and accept the validity of His presence within you. How can we fail such a loving Lord by not paying heed to Him?

It is when we ignore the hints and warnings that God through nature gives to us that we create world class problems, problems of vast global proportions that are mirrored on the personal level. For God not only guides those whom He loves, He is there, He is ready and waiting to guide each and every single individual. If we will but reach out our hand and touch the hand of God. Are we prepared to do so?

Guilt

One of the primary causes of man's distance from God is his feeling of guilt, inadequacy and sin. This affects our relationship with the Lord. Guilt is a past phenomenon – relating to actions previously carried out. The past is past, dead and beyond recovery, the future is uncertain and an unknown quantity, a mystery but the present is with you now. It is the precious present available now to use wisely. Do not lose it in useless turmoil in reviewing events which are long buried and belong to yesterday. Do not allow guilt to destroy the happiness and joy that is in your hands now.

If one sees Him as a harsh uncompromising Lord on a high throne, a dictator then that is what He is obliged to be for your sake. If one poses the barrier of guilt then He has to accede. His love is such that He becomes what we expect of Him. You must never allow such considerations as guilt or sin to come between the Lord and you. Recognise the vital role thoughts and beliefs play and so refrain from creating these barriers that separate Him from you. Always remember that come what may, regardless of the behaviour of others, you immerse yourself in love of Him and live in Him, that is all that is required. That is all that is necessary for the fulfilment of the relationship. Walk on into

the future with love in the heart for Him. In this manner even the past can be negated and atoned for.

Once one is firmly convinced of one's guilt the Lord cannot then interfere. He cannot halt the process and it must reach it's own conclusion until one finally allows Him to forgive, allows Him to come near. At such times while we are immersed in this self guilt the Lord stands by watching, hoping and waiting for an opportunity, a loophole to correct our thinking pattern and views. At times we are so engrossed in our own self-guilt, it is a luxury we love to indulge in. Then we leave no avenue for Him, no crack where He can enter in. He is obliged to wait until we come out of or remove ourselves from our guilt. Separate our selves from this guilt and become our selves again. We pose and create that barrier with our sense of guilt and inferiority. If there is no guilt, no ego and there is no 'I' then nothing would ever come between Him and us or cause disturbance in our lives. When one feels unworthy of His love, and inadequate then how can He over ride it? At best He can attempt to lead us away from or try to make us understand the situation so that we may be able to remove this barrier. So many of us suffer from some fear or other, some sense of unlovedness or we are unable to love due to various factors of family, upbringing, environment and social pressures; all these raise major obstacles to loving God and winning His love.

Even if ones actions indirectly cause pain to another one has to be aware and conscious of the fact that there is only God, nothing but God. We are unaware and cannot be privy as to the real reasons as to why some particular event has taken place. Sometimes it can merely be the final straw in a list of occurrences that is the trigger to causing that pain. Or sometimes it could be karmic and past life connected, past life associations and past life debts that are beyond ones control to halt. Whatever the reason and cause it is futile to take the responsibility upon

oneself. Leave everything to the Lord. One must always avoid falling into the trap of self-guilt. Once one falls into this trap one closes the door to God.

Once one gains some intimation of God's presence. Once one begins to live in that presence then there are no such things as our errors, our mistakes. Living in His presence excludes errors – so what is there to feel guilty about? If in all honesty one lives in His presence then He is responsible for our actions. The feeling of guilt will do nothing to help! It will merely create a chasm between Him and us. One must learn to live in the belief that I am not the doer. Live in the belief 'I am not the doer, the Lord does everything'. Embrace that belief and nothing on this earth can ever cause disturbance. However, this is not a licence to go out and do anything one wishes and attribute it to the Lord. He does not accept such actions. He is not a fool. Only when one acts with complete purity of intention and no thought of evil or harm will He accept the consequences of your actions.

Power of Thought

Thought is the seed of creation, and the source of all action, from which this vast universe has sprung. One must think great thoughts. You need to unfetter the mind from the mundane before you can achieve great things. You are as big as your thoughts. You are only as good as your thoughts, however fantastic you appear to the outer world. Nothing manifests in the world without first having been thought about and then put into words, which are merely thoughts in another form. Once the desire is strong enough it goes forward and is coupled with the will to set the wheel of life in motion, action follows. God's activity creates a living image of the first thought. You can readily see how your life is a manifestation of your thoughts. That is the power of thought. The power and energy of thought which is so omnipotent that it controls everything in the universe. It determines and decides action and reaction. Your pure, noble and loving thoughts can create the same miracles God's will can but they must be exempt from all the negative emotions. So it behoves you to think only the best. Be constructive in your thoughts. Do not create evil in your life. Use your God given mind to bring beauty and peace not havoc into the world. Let kindness, sympathy and love for your brothers and sisters radiate from your being like a beacon. Do good: let it be your motto.

Unfortunately in the world today there are more negative thoughts and negative acts than positive ones. Since we create our own reality with our thoughts, this builds up in the atmosphere, in the universe as negative thought forms. We put our energy into them and then wonder why they return to us as problems and sufferings. At some point we have to make an effort to dissipate all these thought forms. We created them and only we can unmake them. Everywhere you look the negative qualities will be there. In every newspaper you pick up there is only bad news. To get rid of them they must be removed from within your own heart and mind with the power of love.

Whether negative or positive thoughts are a real energy form and they carry the future in them. Thought energy form does not dissolve or disappear but remains in the atmosphere forever and circulates around the entire planet. When it comes into contact with similar energy forms it is vitalised and reenergised and gains further strength. Negative energy patterns seek out other sources of their kind as do positive energy forms. They are attracted to similar thought patterns be they positive or negative. Only positive thought forms can negate negative ones. In our atmosphere we have accumulated, over thousands of years, violent and terrible thought energy derived from wars, suffering, famines and the mental distress of the oppressed. These are freely roaming and are like dark clouds encircling the earth. Most people are susceptible to these free roaming thought forms. More so now in this age when stress and the rat race pose insurmountable problems. Our auras are weak and unable to withstand the onslaught of these energy forms. These very thought patterns create the future of collective mankind. They shape the collective soul as well as the individual soul. They shape the collective future as well as the individual future. Our personal individual thoughts generate our individual karma, individual futures.

When there are wars and disasters we need to understand that they have been created by all of us. Those horrors exist in our thoughts.

They must be eliminated from each one of us before the world can mirror the beauty within. Before they can be eradicated from the world they must be eradicated from each and every heart and mind. The world is the manifestation of the thoughts poured into it. Bring peace on earth by thinking peace. When enough of mankind pulls together on this one thought the power will be so great darkness will be completely removed from the earth. Each one can do but little, but if each will do his or her small share the whole will be completed. Do your part by concentrating your thoughts on peace and God and see what a change it brings in your life. Thought is the source of everything in the universe. Words are the slaves of the mind. Make their master kind and loving worthy of the power entrusted by God.

Thoughts are like a dynamo setting the wheels of destiny in motion, guard them carefully. Learn to think clearly putting your thoughts together concisely before translating them into speech. When this is done much of the harm in the world can be nullified. Most of the evil in the world is carried out in ignorance through careless thoughts and words. When you are childlike and not aware of the rules of life you are excused but once the rules have been imparted to you, you must obey them or suffer the consequences. It is very easy to do harm without thinking. In fact we are prone and easily swayed by negative emotions. Stop, think, analyse and assess each thought and feeling before acting.

If thought is the origin of the world then one has only to look at our world today and see what we have created. Before you do anything, before you speak, before you act what do you do? Think a thought, an idea, a visualisation. Everything we see now is someone's idea. Nothing exists that was not some persons thought. We create our own environment. We create our own disasters. We create our own lives, all by the thoughts that we entertain in our minds. The mental power to create that we have and are endowed with is tremendous and there is no concept, no way of explaining of how intensely powerful it is. You

can create anything you want, anything at all be it good, be it bad. Your thoughts and what you think today is what you create around you, maybe not today, tomorrow, next week, maybe in the next year, or in twenty years or next lifetime. One of the ways that we can see this is happening is through the media. The media, one of the most powerful forms of expression today, creates all sorts of disaster stories, movies, horrific visualisations, every depth of thought. They sow the seeds in the newspapers of how people are expected to think, how they should think, how they are guided to think. And what we think is what we create. All the writers, journalists, directors, media men, movie moguls create an array of fictitious stories. And these stories, all of them eventually become true in time. Gobal media, filmmakers, writers and the media moguls have the power to create the future destiny of mankind. However, each and every person also carries the burden of this responsibility for we are all parts of the whole. And if the good out weighs the bad we have a positive balance and vice versa.

Thought, belief and faith hold a vital place in this process. They are extremely powerful. The way you think so things happen, react and respond. If you hold superstitions then by your very belief in them you make them true for you. That is the strength of the power that thought wields. The strength of belief that something ominous will take place will always ensure that it does. However, this does not affect everything in your life because you are born with certain aspects and certain processes that you have to go through and experience. Nevertheless good thoughts and the unshakeable faith that nothing can harm you can mitigate the forthcoming events. More importantly your whole life is not governed by the past, much of it is shaped byyour behaviour and actions now. It is those parts that are affected by thought power, negative or positive.

When you see prophecies coming true one thinks 'Ah well this person had foresight'. It is not so much foresight as it is thought energy. He generated thoughts, thoughts created the time field; the time field

generated the reality. This is how we work and live in this world. The media in respect of films create disaster films with a spectrum of horror. They are not just creating them on film, they are creating in actual reality. This then takes form in some dimension and has validity and that in turn eventually manifests in other dimensions, and from there it is but a step for it to manifest in the physical material world. Then it is real and we have to face it. This truth has to be understood so that this type thinking changes. If the thinking changes on a global level only then can society and the world change. Focused, channelled good thoughts change the space vibrations around us and emanate peace and harmony into our environment and world.

On the individual level it concerns you, your environment and your life. But then there are great thinkers, influential people who have unqualified control over the world, over the peopl, their thinking and thoughts. They comprise of newspaper men, filmmakers and writers plus a host of allied industries and organisations. They create these realities, which we eventually have to suffer. Therefore they have a responsibility, we all have a responsibility to think the correct kind of thoughts, think before you even think. Is it going to create something that is bad for me? Is it going to create something that is good for me? Is it going to be good for the world? We must understand the concept of how the dimensions in the universe work and the world operates. We are continuously creating our own problems, our own terrors, our own fears. When they come to life we are amazed, how did this happen? Somebody created them, maybe not five years ago or ten years ago perhaps fifty years ago in the past. Somebody thought those thoughts, and those thoughts took on a reality.

The mind can be likened to a mad monkey, a wild animal that must be curbed and controlled. It is like a train without brakes that is free of all restraint. It is like an avalanche that blazes a trail of devastation. It runs by itself on the proverbial wheels. It often sets to planning,

creating and reviewing situations what is, has been or will be. This tendency has to be overcome. One has to establish restraints and structure in the mind to forestall this eventuality, a safety mechanism: this can be developed by programming the conscious mind that will in turn reflect and resound in the subconscious mind. After all the mind is programmed in its habits from birth by one's environment and society and that programming can, by conscious effort, be altered.

It is only in the silence of the mind that the voice of God can be heard. It is only in the silence, the thoughtless state, the thinklessness that God can manifest Himself in you. As you live more in His company, more in the void the mind will become amenable and docile and lose the tendency to wander hither and thither on it's own. It can be reigned in and trained to enjoy and revel in the golden silence and in the process thoughts are balanced and positive. This is how to exercise control on the mind.

We all fail to understand the significance of every act that we do, every thought that we entertain. Each one is vital in forming the future. In fact a murder committed unwittingly does not carry the same punishment, penalty and karmic backlash or is treated as heinous a sin as a harmful thought or action intentionally carried out. Such is the extent of the difference in unintentional harm and positive intentional harmful thought. A minor error can and does cause a major harm that is why it is so important to be aware of God, to be conscious, to be prepared to help others, to be willing to serve. Through service you can avoid the negative emotions and acquire a pure heart. Only at that level can you fail to entertain wrong thoughts or bad feelings.

He will come to you but you must be careful that you do not form a barrier of negative thoughts between you and Him. These barriers once they have been raised cannot be removed so quickly. One's thoughts and beliefs are generated by one's environment, family and

society. This is why it is vital that our children be educated in the correct manner, in the manner of loving the Lord and respecting all others as His forms. Not fearing the Lord, not fearing Him out of sin or out of guilt. Fear must be eradicated for love to develop. Once you harbour prejudices and irremovable ideas it will become impossible for you to gain a nearness to Him. These barriers, these ideas, these emotions, these prejudices will take time to be taken apart, one brick at a time; to be conquered and destroyed before He can enter into your heart.

Do not allow fear and apprehension for the future to ruin the present. How do you know that events may not work out better than you could ever dream off. The trick is not to be negative and to remember the power of thought. If you think positive you can even alter future events. Much of what we suffer is caused solely by negative thinking. You may insist that when the pressure piles up then everything appears to be bleak, problems, problems and more problems. How can we NOT be worried? This can be solved in one fell stroke. If all these problems were to be removed, would you be truly happy? Will the absence of worry make you happy? No, because man is such that he will create worries. As soon as some are removed he will have desires through which further obstacles will be raised. So be content and happy always.

Once one has started the upward climb on the path to God all thoughts are intensified so they return more quickly to the sender. Practising disciplines and attempting to purify your mind and heart results in the intensification of the power in the thoughts you think and the words you utter. It is a concentrated power. It is like a refining process – when the dross is removed from sugar cane the resultant sugar is purer and sweeter in taste. So it is with all things. Once the refining process, the disciplines and purity have commenced then your thoughts are concentrated and therefore they have tremendous potential for good or harm, a hundred fold or even a thousand fold. Therefore beware of bad thoughts and keep only good thoughts in your mind. Make your mind a place of light and truth.

We have become so used to negative speech that we are not even aware of using it. From now on try to watch yourself. Observe what you think and what you say for it is vitally important. Examine your every thought and speak only what is right which will in turn become right action. To be a part of God one must think correctly. To earn His love you must at least try and do right even though you may at times fail. Start thinking corectly this moment and your next moment will be a manifestation of that thought. Start the ball rolling. Speak only words that are true, kind and helpful. Observe your words and you will see how most of our speech is in fact useless, harmful and at times aimless babbling. What is said in kindness is sometimes not helpful and what is true is sometimes better left unsaid.

Think the highest thoughts about yourself and others. Imagine the person you would be if you lived that thought each and every day? What would you think, do and say, and what would other peoples responses be to you? Is there a difference between what you think now and what you would then think? Think of one wonderful event you would like to happen in your life. Think of it every night for one minute and then let go of it completely and see what happens. You have invented your world and you can change it.

You must profit by these words of wisdom, mark them well. The value of good words can never be over estimated. In the tongue lies the power to create, preserve or destroy. The tongue is the instrument of the mind. As you think so you will speak. Remember there are no idle words. Every word uttered takes a form and becomes manifest. Thoughts take shape according to the intensity with which they are spoken or thought. They collect the power of similar energy in the atmosphere and then return to you. Actions come from words. Words are spoken by the tongue. The tongue is controlled by the mind. Mind is a bundle of thoughts. Everything originates from thoughts.

Fears

There are only two salient emotions in the universe, fear and love. It can almost be said these two emotions are the very basic principles of all life and actions. Where there is fear there cannot be love for fear negates love and love transcends fear. Right at this moment human life is not filled with peace but is broken into pieces.

Fear has to be excluded, overcome, and triumphed over for love to manifest and prevail. Hence the fears and darkness of ignorance: the shadows which cast doubts and raise fears and misery of the unknown must be overcome before love can flourish. It means destroying the fears that live within you and your mind. For total love of God to exist, to reign supreme then fear must be transcended – the fears within the human psyche must be destroyed; the fears that bother and disturb you. The subconscious fears. The fears you have been brought up to accept as natural and normal. The fears which surround you everyday, the death of a loved one, the loss of your dearest, the fear of injury, of illness, the fear of dying and the shadows of poverty and destitution. And the greater fear of loneliness. They must all be transformed into love, for only then can you love God as He wishes to be loved.

There are subtle reasons for these fears. Something concrete causes and initiates these fears. The fear of other people because you feel that they are different, they do not conform to your ideas. They are not like you. They entertain different views to you. Therefore you feel threatened. This is where fear and hatred springs from, their origins are masked in ignorance. It is also the underlying reason for the absence of love in the world today.

Everyday first thing in the morning sit quietly and pray and ask that throughout the day God thinks through you, purifies your thoughts as that is where all the problems begin. If we have a negative thought we are tempted to add to it a negative feeling, then we add a negative word and a negative action and the fears then arise. This has to be avoided at all costs by prayer to God. You will find that throughout the day your fears will be in abeyance and your thoughts will be pure, creating harmony and peace around you. We must also ask Him to feel through us because our emotions are sometimes loaded with negative energy, which is the opposite of love and more attuned to fear. In this way you are more likely to feel compassion and understanding and not be quite as critical or judgemental. This will not change in one day. Since the habits have been formed over many years they are slow to die. But like weeds in a garden the more you cultivate the flowers the weeds are destrpyed. In a garden that is full of flowers where is the room for weeds to flourish?

The next thing to ask God is for Him to speak through you all day. It will take time to develop these habits to make them permanent but eventually it will happen and you will find yourself speaking differently. The same will happen with your actions and you will discover that somehow your actions are altered, just a little bit to start with. When you forget to ask Him you lament and are upset and waste so much of your time and energy. It is much simpler and more effective to ask God to work though us every single day and He will. Our probelm

is that we have not been taught to ask anyone because we have always been told to be responsible, to be careful, to think things through, to be independent.

How do you generate love, fall in love instantly with someone you have just met? Why do you love your parents or family? You love them because they are close to you. You do not have any fear of them. You are not afraid that they may harm you or cause pain or destroy you. You have that trust, that confidence. That is the basis of your love for them – the absence of fear. So to love God firstly you have to overcome and transform all your fears. How? To create love for anyone is not to fear them in any way. Complete love entails total lack of fear. When you love you will have no fear. It is only when you love that you do not have fear. Fear is also the mother of falsehood.

The reason that terrors, horrors and fears impinge themselves upon our minds is mainly due to the media we indulge in. We see this as harmless recreational activity, gory horror films, emotionally charged films and disaster films. Through this media all vibrations, thoughts and even the television clips of monsters and aliens all leave their mark on the subconscious which reanimates all this ghoulish material in your mind. It amplifies what is there. This is what has led to the current escalation in violence. One has to avoid this type of entertainment. The media is such a powerful tool that it can make or destroy your mind. It is a double edged sword. Used correctly it can be the means to great spiritual evolution. At the moment it is misused for the purposes of gratifying our lower nature. In your subconscious everything you see, everything you come into contact with, every emotion felt is recorded. The more you indulge in this pastime and recreation, fantasy and imaginary horrors, real or otherwise the more they are ingrained in your mind. This causes any fears that are present from childhood or other births to manifest. We all have some inherent fears. These fears can only be destroyed by recording over them with conscious positive and

good thinking patterns. The mind can be likened to a tape recorder, it will play only what has been recorded. Eventually the good input will erase all the horrors that have been recorded in it. One must make an attempt to distance oneself from damaging media.

The panorama we observe around us, television, newspapers, radio, everything generates fear in us to some degree, small or great. Even the food we eat creates fears due to the thoughts and feelings that have subtly entered into it, especially mass produced, processed and covenience foods. All the fears one could ever imagine are there present within us. Some we are born with, legacies from a past existence, but most are built up within us through our environment. And because of these fears we cannot love totally, purely, divinely – as we should – as a child does.

The only negativity in the universe, the ultimate negative is fear. And fear is borne of ignorance. It closes the door to God and the emotions connected with love. Knowledge is love but ignorance engenders fear. One should always be happy. God is blissful and happy all the time and to attain Him one must always be happy in ones self. Problems will always be there in some form or other therefore it is essential to overcome the barrier of anxieties and concentrate only on God.

How can this be achieved? It appears an impossible task. How to destroy the subtle tendencies, the silvery shadows from many past ages and lives? How to transform fear? How to get rid of centuries of deeply buried fears? To be able to generate this supreme love for God. How to accomplish it? Why do fears arise? Why do people fear each other? How do you destroy fears? How to overcome the intangible? The first step is to identify the fears for only then can they be destroyed. The whole process can be accomplished through the power of the mind, mental images, and mental visualisations. It can be achieved through

thinking about them and consciously destroying them, not only fears but also any negative emotions, feelings or thoughts can be overcome through this method. The mind has total and complete power and can do whatever it wishes. Our minds are responsible for all that we are today but with conscious effort it can be changed. The mind is the powerhouse. If only we can access its key and bring it under our control. There are many visualisations, many mental techniques by which fear can be destroyed.

The following is a technique for overcoming negativity. Imagine a circle and yourself within it. Then imagine an empty black bag. Now one by one place all your fears and negative feelings into this bag. Take the bag and walk out of the circle and place the bag in a bin. Set fire to the bin and watch all your fears burn. Then return back into your protective circle. As you do this day by day your fears will diminish. This can be used to destroy any negative patterns one wishes to.

Close your eyes and visualise the form of purity and light and imagine His love, which is all encompassing, non-judgemental, completely accepting of all of us, no matter what our faults. Breathe in God's love for this is the light of purity that will dissolve all the fears. And as we breathe out, let go of anything negative, any anger, jealousy, hatred, suspicion; go through and release all the fears you have one by one with each breath you breathe out. Spend about 10-15 minutes each day breathing in love and releasing all your fears. You will soon discover that they will disappear.

Sit comfortably and imagine holding a bowl. Into that bowl pour out and place all your fears one by one. Once the bowl is full then release it and watch it float away high, high up and above and see God receiving that bowl. Practice this every day for ten minutes.

Love God with all your heart, with all your strength and with all your mind. Subsume all limited worldly loves into this one all consuming love for God. Nothing can disturb our equanimity when we are one hundred percent immersed in God, nothing of the world remains to upset us. Fear no longer holds any meaning for everything will have become God.

We are His Children

The experiences He will create individually for you to guide you, to illuminate your path will relate only to you. So ask for your path, your guidance and your experience to that golden key.

A six year old boy decided one Saturday morning, to make his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy bag of flour, spilling it on the floor. He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten. Covered in flour he was getting frustrated. He wanted this to be something very good for his parents but it was becoming very bad. He didn't know what to do next, whether to put it all into the oven or on the gas, (and he didn't know how the gas worked!). Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the eggs to the floor. Frantically he tried to clean up this monumental mess but slipped on the eggs, getting his panamas white and sticky. Just then he saw Dad standing at the door. Big tears welled up in his eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even

a spanking. But his father just watched him. Then, walking through the mess, he picked up his crying son and hugged him getting his own pyjamas white and sticky in the process. This is how God is with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky, we insult a friend, can't stand our job or our health takes a turn for the worse. Sometimes we just stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him. Just because we have made a mess, we can't stop trying like the little boy. Make pancakes for God or for others. Sooner or later we'll get it right, and then they'll be glad we tried. So never give up. He understands. It is our pure intentions that He is interested in and attracted to.

There was little boy who found his way into his father's study. The little boy was not allowed in there normally because there were many very valuable papers in the room and the door was kept closed. But one day the door happened to be open. The boy saw the open door and went inside. Just then a very important paper was wafted down onto the floor. It was a very old rare map of the world, very beautiful and colourful with each colour representing a country. He picked it up and looked at it, then he bent it this way and that. It was so nice to play with, and he made different things with it. But the old map could not stand so much bending and soon it was in two pieces and then lots of pieces. The little boy was delighted with this. Now he had more pieces to play with. In no time at all the whole world was in pieces. The father came in. He saw that his son had been playing with the map and it was in pieces. The father was very upset. He said, 'Son, look at what you've done. You've torn the world into pieces'. But then he thought he was just a little boy and he was really quite innocent. The father couldn't really be angry with him. However, the world was now in pieces, and so the father decided to teach the boy a lesson. He said, 'Son, you shouldn't have torn the world into pieces. I will give you some tape and you put it all back together again. When you paste it back together daddy will feel better and you will also feel better.' Try as he would, the

little boy didn't know how to put the world back together again. There were just too many pieces and he couldn't understand how they should fit together. But then he noticed one of the pieces was up side down and there on the back of the paper he saw a human eye. Well, that was surprising. He turned another piece over and on its backside he found a hand. Pretty soon he had all the pieces over on their back and saw all the different parts of a man. Well even a little boy knows what a man looks like. So now he could solve the puzzle. Very soon he had the man back together again. When he turned the whole thing over, to his joy, the whole world was back together again. The moral of this story is that though the whole world may be in pieces just put the man back together properly and the whole world comes together automatically. If we just get ourselves into order then everything in the universe will fall into place in perfect harmony.

Our Children

We must raise our children in such a way that from early childhood they develop this divine connection with the Lord. Parents are custodians not owners of their children. They belong to the Lord and are His life and blood. He will guide, mould and make them His very own and as such they have the right to a great deal of leniency providing they take to this path of love. We are entrusted with this incredible duty, responsibility to bring up our children in a manner that will please God, in a manner that will make Him proud. Yet all too often we bring up our children as images of ourselves and we want them to do what pleases us rather than what pleases the Lord. At times we even see the Lord as a threat and competitor for our child's affections. If only we our selves could turn to the Lord and in turn make our children lead such lives also. At an early age it is so much easier to develop this love, to acquire this divine guidance, this divine feeling for the Lord.

From adults He seeks so much more in the way of faith, confidence and love, which must spring from the heart but with children merely the love will suffice. Love of parents and a stable home helps a child to avoid vagrancy and drugs. They can proceed so much faster and quicker

on this path and achieve in childhood, at a young age, what we are yet struggling to attain.

Every parent on this earth, everyone responsible for another has a duty to guide their charge on this path of love. Everyone in charge of another should teach, inculcate only this love of God and instil all the principles and values of right living, right conduct and right action and this love of God. Where there is love of God all disciplines and values will emerge from the heart by themselves as naturally as a flower turns towards the sun. It is the one and only way. Loving God is the only way to easily assimilate all the other teachings; to assimilate all of the Lord's advices. Once on the path of love everything else falls into place by itself.

It is not needed for children to learn so much these days. It is not necessary because we can have a computer. If we know the code we can get access to anything and everything. Love cannot be obtained from a computer. What we need to teach children today is to think for them selves, to have intelligence, to be able to use information correctly, to apply and make use of information. But is that all we want? No, what is the point of being full of knowledge, full of intelligence, but no peace. What is the point of being rich and powerful, when there is no happiness in life? It is worthless. Our life must be full of peace and joy, happiness and love. If we can have that then everything else will have meaning. If we have a lot of knowledge and we go and take advantage of other people, we have no love in our heart. That is worthless. So we want children to grow full of love, full of sacrifice, so that they can serve humanity.

We must tell children that it is easy to do good, to do bad is very

difficult. Now when we say that to do good is easy it also means that to control our emotions is easy because it is doing good. It is easy to control our anger. Take for example a big house. When the sun is not there then the house is dark, the surroundings are dark. But when the sun comes up the darkness disappears. The sun doesn't have to drive away the darkness, the sun doesn't have to fight the darkness, not at all, it simply appears and darkness disappears. So in the same way the darkness within ourselves, that is the anger, hatred, desires, jealousy and envy, that is the emotion that we have to learn to control. That is the darkness within ourselves.

Nature shows us, when there is light, darkness cannot appear. All we need to do is to bring about light within our heart. What is that light within our heart? It is love, it is peace, see good, do good, hear good, say good, think good, that is the way to live, that is the path to God. That is the light that we bring within our own hearts. Now, when we bring in all these things into our heart, it becomes light. When we have love in our heart, how can we be angry with anyone? It's impossible. How can we be envious if we have love? When we have love in our heart anger cannot coexist. Light and darkness cannot be together. That is the light that can dispel the negative emotions. When we do not have anger, when we do not have hatred, jealousy, envy, attachment, then the result is peace.

We must teach children to raise this conscious mind upwards all the time. To do this they should see good, do good, hear good, think good all the time. This will control the subconscious mind, bring about peace, so there will be no anger, hatred, envy or jealousy, automatically the conscious mind is raised upwards. Then we are in contact with God. We can win His love.

Then we get to know what is the truth, the truth of the universe, the truth about everything, the real truth, the truth that does not change. This is how we can obtain this truth, to understand about the purpose of our life, to understand about ourselves and who we are. To acquire this love and truth is really the purpose of our life. By doing so we are far away from our emotions, there will be no anger or hatred and we will have peace, joy, contentment and love.

There is something that can help us raise that consciousness level in children very easily. And that is the love energy. It has been found that if children lack love, they suffer. The children who lack love from parents or children have been abandoned by parents they suffer. The mortality rate for children who are orphans is very high. It is important that we hold the children, talk to the children, give love to children. They become normal children. So love is very important.

When we receive love all our problems disappear, automatically we get peace, automatically our actions become right; automatically the conscious mind is raised upwards. Therefore we must teach children to develop love and to give love. By having love we attract love, we attract the same energy, by radiating our love throughout the world, the world will fill us with love. So draw this energy towards you and automatically the conscious mind is raised upwards to great heights.

The prime objective is to further a child's ability to look within, to find it's own source, realise it's own divinity by living correctly with humility. This cannot be achieved by indoctrination or pressure but through teaching by example, by heart to heart language, whereby the child is made aware of something precious already in its possession. A child is always looking for exemplars. Always keep in mind that science without humanity, education with out character, politics without principles and

commerce without morality is useless and positively dangerous. Education must lead to character.

Final Wisdom

Wisdom cannot be acquired by learning it is gained by experience only which is why God has to use the path of practice and tests; what we call tests and problems to be surmounted. That is the only method by which we can learn. Otherwise we do not learn. Without trial, error and experience there is no wisdom.

One must be prepared to be tested, hopefully not too greatly, but some minor tests will come to examine faith, to examine the strength of your love. Maybe He will say something or do something that seems not quite right or appears untrue. This is where faith comes in. Logical reasoning must be overcome. With God logical reasoning cannot win. His is a relationship in the heart, of the heart and from the heart, soul to soul. Only love and blind faith are successful with Him. What He will ask is, 'If you say you love Me, if you say you have faith in Me, then do I not have the right to test the strength of your devotion and belief? Without a test how can I ascertain the depth of your faith in My words? You say you love Me, but how much? Many repeat these words parrot fashion and yet at the first sign of trouble they walk away from Me. I give you many proofs of My presence with you and yet the slightest doubt and you question Me'. Faith should be so strong that if God says 'That is a dove then it MUST be a dove. If He then says it is an eagle,

one must conclude that it IS an eagle. If He then states it is a hawk then one should accept that regardless of the illusion of the form before you it is a hawk, for it is the Lord's word that is actually true. One must place complete faith in His word. It is by no means an easy task. This is where most of us fail. It is terrifying the degree to which one must have this trust in Him rather than in ones own senses. But nothing less will suffice and if one truly loves Him heart and soul then nothing will matter. This sort of faith is very difficult for us to acquire. All we can do is pray for His grace and love and for Him to be merciful in His tests. We can but strive and strain to attain and ask for His grace in gifting us this faith, love and trust. Once the attempt is made His grace will be showered, of that you can rest assured. It is His promise because He loves us just as we are. He loves us because once we go back to Him, the children that He has been waiting for for thousands of years, He will never allow us to fall back into the illusion of worldly attractions.

At times He may deliberately create situations to test your patience. But you must cultivate patience. He tests because He owns the entire universe and He questions if your heart is entirely His. Are you prepared to bear with the tests and still offer Him your love? He tests because He is the ruler of the universe and He has to see if your love is genuine. Even when you approach a bank manager for a loan He tests you for your means and ability to repay. The Lord does not need your repayment; what He seeks is your pure and innocent love. He looks for the purity and the innocence and that there are no ulterior motives in your love for Him. You continue with your responsibilities to the Lord undeterred, your love for the Lord untainted and unchanged. The only solution to this problem is to be resolute and try to acquire the equanimity of mind that He expects of you. To win through you must be vigilant of and overcome your shortcomings.

When you give the Lord the licence to test you, to do as He pleases, beware! You must be very careful what you seek from the

Lord for He hears every thought and word, every nuance in your thinking. He is fully aware. And if you seek the strength and fortitude to bear His examinations then immediately the disruptions will erupt. So one must be very careful what desires, wishes and dreams you present to the Lord. Be very, very careful what promises you make to the Lord for He takes them literally and He will demand their fulfilment. To whom much is given from them much will be demanded. You will have grace, you will have love and you will have the key to the Lords heart but you will have to be vigilant that you do not compromise His principles and His love. You will have to incessantly remind yourself that it is His plan and that He is the resident of each and every soul, body and heart and see Him in every single individual.

Of course all beings and all things in this universe are divine but through intelligent analysis one has to make the choices that will help one and avoid the paths that will hinder one. This is the way of discrimination, which is wisdom. Take the electric current, fire or a sharp knife. They are dangerous and disastrous if one does not know how to utilise them correctly. They can be either friends or foes. This applies to the senses too. If we allow them to rule us they become our deadly enemies; if we master them they help us realise our goal and attain the key to His heart.

Ignorance is removed, wisdom is attained but at each stage it is to the extent that you are spiritually aware, to the extent that you can understand and utlise the knowledge that is automatically revealed to you through the inner vision. All this takes time but time is only relative. And each person is different as to how much time it will take to acquire this knowledge and wisdom.

Wisdom is being conscious and aware that this phenomenal world

is merely a stage, a drama. That this is a part we play. A real actor does not identify himself with his part nor does he live it as a reality. He is constantly aware that once off stage he is free to be his true self. One has to understand and live in the realisation of this concept. Once one begins to see beyond this stage and becomes aware of the director of this whole drama then can one be said to be truly progressing.

God says that He loves all equally therefore the evidence points to areas of improvement within ourselves, some error that we must be able to correct, which would put us in the ‘true devotee’ category. Who is a true devotee of God? A true devotee is not someone who worships God, rather, it is someone who becomes God. To become God! This is a serious area that each of us must examine for it is the inevitable conclusion of this journey. At best, many think about the idea of becoming God, and hold it as some future event, something that will happen ‘some day’. But few ever dare to accept the possibility of becoming God NOW. Perhaps this is the mark of a true devotee, of dawn of true wisdom .

Epilogue

Hereafter make a determination to change your way of life to the way of God and live a life so filled with love and God that there is no room for anything else.

Why can't you be the one the Lord is seeking? Throughout the millennia He has been searching and searching for that special devotee, the one who seeks Him for Himself and not for what He can bestow. How many cry for the Lord, cry for His love, His company? How many are there who want Him for Himself with no thought of self, only looking to His comfort, His pleasure and His happiness? How many yearn for His smile, His laughter? Indeed who desires to make the Lord laugh? How many love the Lord for Himself? Does anyone ever reflect upon His loneliness? In the midst of this vast universe of His making He is essentially alone. For this very reason He created man in His own image but man has turned to the tinsel and the trivial. We ask of Him favours, pray for cares and cures and promotions but only one in million loves Him for Himself. Even amongst those few He has no one who will be friend and companion to Him, no one to play with, sport with. This love, this companionship He has been seeking throughout the ages. Learn to love the Lord all the time with your whole heart and soul. Do

not be forever demanding. Seek to give for He is the ultimate in all relationships. The yearning, the agony of unfilled longing for Him is the love that melts His heart. No other relationship can bring the same complete happiness that loving the Lord can. So why can't you be the one He is seeking, His friend, His companion, His beloved. Do not give it up as an impossible task. Try and you will succeed. It is within the reach of all, and by so doing you will please Him greatly and win His love for eternity.